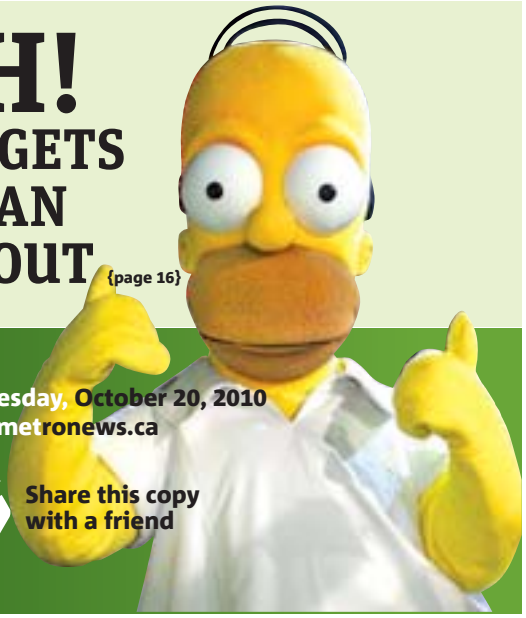
CHICKEN WITH CARAMELIZED ONIONS
QUICK, FLAVOURFUL RECIPE {page 32}

GIBSON TIPPED FOR SCREEN COMEBACK
ACTOR LANDS CAMEO IN HANGOVER 2 {page 20}

D'OH!
HOMER GETS A VATICAN SHOUT-OUT
{page 16}



OTTAWA metro®
Wednesday, October 20, 2010
www.metronews.ca

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NATHAN DENETTE/THE CANADIAN PRESS

▶ Col. Russell Williams leaves court in Belleville, Ont., yesterday. Williams has been formally convicted of all charges against him after two days of graphic and disturbing evidence related to sex crimes and murders.

Colonel showed no mercy

Warning: Graphic details may disturb some readers

Whether his victims fought him off or complied with every perverted command he gave them, convicted sex killer Col. Russell Williams showed no mercy to the two women who begged for their lives before he brutally murdered them, court heard yesterday.

Williams, 47, sat silent, his head bowed low as the Crown laid out the gruesome final hours of Cpl. Marie-France Comeau and Jessica Lloyd — every moment obsessively recorded with photographs and videotape.

The horrifying details came on the same day court heard Williams was in his 20s when he developed a fetish for stealing women's lingerie that would culminate in murder.

Comeau, 37, fought him until the very end — even as she struggled, bloody and weak, against the duct tape he put over her mouth and the rope that he used to bind her hands behind her back.

As she slumped to the floor, court heard that Comeau made a final plea: "Have a heart, please. I've been really good ... I want to live."

Although Williams videotaped both rapes, those videos were not shown in court. Nor was the video he took of Comeau's murder. The Crown instead read out a detailed account of the attacks based on an agreed statement of fact.

Lloyd, 27, Williams's next victim, did everything he asked of her in an effort not to "upset" him, the Crown said.

At one point, Lloyd pleaded: "If I die, will you make sure my mom knows that I love her?"

That heart-wrenching detail, read aloud in court, left many in the room sobbing loudly.

Williams was formally convicted yesterday on all the charges against him. He faces life in prison with no chance of parole for 25 years. THE CANADIAN PRESS

Travel

Chilly weather got you down?

Plan for a warm getaway to Mexico, Hawaii or even Disneyland — sans kids
Following in the footsteps of celebrity vacationers
{pages 25-30}

Election special

Read what your many mayoral candidates have to say, in Metro's pullout feature

Warnings from miner ignored?

Man heard sounds indicating possible collapse: Reports {page 8}

NOVEMBER CLASSES
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Paralegal

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
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- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

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NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

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This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

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O'Brien eyes city's 'economic future'

Mayor describes his role as Ottawa's 'salesman-in-chief'

Mayor Larry O'Brien yesterday released his economic growth plan for Ottawa, which includes setting up an independent economic development corporation to attract investment.

"This is a job for business leaders, not bureaucrats," he said, "which is why I will create an economic development corporation that boasts the resources, clout and access to search out and seal the deals that come our way. This corporation will show that Ottawa is serious about its economic future."

He declined to speculate on the corporation's budget or what it would cost to set up.

"There's a difference between vision and practical implementation," he said.

STEVE COLLINS

Eight-point plan

Mayor O'Brien identified eight priorities for attracting highly skilled workers to Ottawa by making it an attractive place to live:

- Affordable living in a city that spends carefully
- Effective infrastructure and an efficient transportation system
- Safety and cleanliness across Ottawa, including clean waterways
- Vibrant arts and culture
- Opportunities for alternative transit, including more bike lanes
- A strong knowledge base; i.e. post-secondary and research institutions
- Smart growth plans in the core and the suburbs
- Ample parks and recreation

STEVE COLLINS/FOR METRO OTTAWA

▶ Larry O'Brien, front, and Jim Watson take part in a candidates' debate at Carleton University yesterday. "My opponent Mr. Watson always talks about having a fully detailed plan. That's not a vision ... When all you worry about is the dollars that are right in front of you, everything that isn't right in front of you looks like something you shouldn't do," O'Brien said.

Man injured in blast at ByWard bakery

A 68-year-old male worker was injured following an oven explosion at a ByWard Market bakery yesterday morning.

Firefighters and paramedics responded to an explosion at Le Moulin de Provence Bakery at 55 ByWard Market Square at 9:30 a.m.

Firefighters said employees detected an odour when they arrived at the shop.

An employee was in the kitchen area near the oven when the explosion occurred.

The male employee suffered back and shoulder injuries when the explosion threw him against a counter.

Between six and 10 employees were working at the time and were evacuated.

$80,000
Total damage caused by the explosion

No other businesses were affected by the explosion, but fire crews monitored for possible residual natural gas in the area.

The oven, estimated to be worth $75,000, was destroyed in the explosion.

TRACEY TONG

Feds to buy Nortel's Carling Campus for $208M

The Canadian government has agreed to buy a 370-acre parcel of land and buildings in Ottawa from Nortel Networks for $208 million.

The property, known as the Carling Campus, had been Nortel's main centre for research and development prior to the company's breakup. Nortel will continue to occupy parts of the campus, which includes 11 interconnected buildings, as its restructuring continues.

The company's deal with Public Works and Government Services Canada is subject to approval from the court overseeing Nortel's restructuring.

THE CANADIAN PRESS

Selloff

- Nortel filed for bankruptcy protection in January 2009 and has been auctioning off its business in an effort to pay back debtholders.

1 news

News on the move

1. Download the free ScanLife application with your smartphone at 2dscan.com
2. Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
3. The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

How the Chile mine rescue set the gold standard for staging a disaster relief spectacle. More at metronews.ca/spindoctor

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TRACEY TONG/METRO OTTAWA

▶ Protesters marched red tents from Parliament Hill to the Human Rights Monument yesterday. "This is really not a political issue," said Marion Wright, chair of the Alliance to End Homelessness. "Housing is a human right for every Canadian."

Protesters gather for right to housing

Red tents, used by the homeless during Olympics, 'have become a symbol of homelessness': Davies

TRACEY TONG
@METRONEWS.CA

"More and more people are finding themselves on the verge of homelessness and we're seeing more families in shelters and more people who are just out of work in shelters ... We're finding more and more people pushed to the edges."
JULIA BEAZLEY, STREET LEVEL

Protesters representing dozens of organizations gathered on Parliament Hill yesterday to ask the government to recognize that housing is a right.

The Red Tent Campaign, held on the Canada Day of Action for a Federal Housing Strategy, rallied support around private member's bill C-304, which will get its third reading in the House of Commons today.

The bill, introduced by NDP MP Libby Davies, is an act to ensure secure, adequate, accessible and affordable housing for Canadians.

The bill is very basic, said Davies. "It called for a national housing strategy and it calls on the federal government to work with provincial, municipal, First Nations and non-profit housing providers to develop a national strategy for housing. We don't have such a thing.

"It's a huge issue for millions of Canadians, so this bill is very fundamental in addressing what is a huge deficit in this country in terms of housing."

In most big cities including Ottawa, Vancouver, Toronto and Montreal, homelessness is a crisis, said Davies.

"We're hoping this bill will make it through."

"It's one of the most important pieces of legislation that has come along in a long while," said Julia Beazley from Street Level — the national roundtable on poverty and homelessness.

Summer sports groups get $6M federal boost

Summer sports organizations across Canada are about to receive a $6-million boost from the federal government.

Minister of State for Sport Gary Lunn spoke at the Team Sport Summit in Kanata yesterday to announce the government's commitment to Canada's athletes after highlighting their recent triumphs in Vancouver and Delhi.

"It inspired and ignited the passions of every Canadian in every corner of this country," said Lunn on Vancouver 2010. "The athletes really demonstrated to us that sport matters."

Although funding has yet to be allocated, 44 summer sports organizations across Canada are to receive a chunk of the $6 million.

"The ongoing commitment to investing in high-performance sport ... ensures the Government of Canada will serve as the engine that drives athlete performance on the road to London 2012," said Own the Podium CEO Alex Baumann.

"The Government of Canada is putting $64 million per year to own the podium for both summer and winter sports and that's an unprecedented commitment." said Lunn.

JOE LOFARO

JOE LOFARO/FOR METRO OTTAWA

▶Minister of State Gary Lunn.

Contributions

The federal government is the single-largest contributor to sports in the country.

- **Budget** Funding is drawn from the larger commitment of $61 million for amateur sport announced as part of the 2010 budget.
- **Where it's going** The $6 million is being targeted to basketball, rugby sevens, volleyball, field hockey and water polo.
- **Improvement** The $61 million in funding is aimed at developing athletes and coaches, providing technical programs for all athletes and increasing the number of Canadians involved in sport.

Dare. Bake sale

▶ Ottawa Centre NDP MP Paul Dewar, centre, sells a cookie to Asha Jalan as his son, Jordan, 12, looks on.

TRACEY TONG/METRO OTTAWA

MP, son sell pastries for good cause

MP Paul Dewar and his son, Jordan, held a bake sale on Sparks Street yesterday to raise money for the Stephen Lewis Foundation. Through Dec. 1, the foundation is challenging people across Canada to take on a creative dare to raise money for grassroots HIV/AIDS, tuberculosis and malaria projects in Africa and to challenge themselves at the same time. Selling cookies on a street corner "was a first" for Dewar, he said.

RESEARCH STUDY SEEKING VOLUNTEERS

Do you have an opinion about the H1N1 vaccine? Were you concerned about the safety and efficacy of H1N1 and related vaccines?

We are conducting a research study on attitudes towards H1N1 vaccination and are looking for participants to express their opinion.

REQUIREMENTS:

Interested individuals over 18 years of age.

Able to understand, communicate in English, and participate in a group interview to be held in Ottawa.

CONTACT:

Kirsten Holdt Henningsen
at 613-798-5555 ext. 15937
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This study has been approved by The Ottawa Hospital Research Ethics Board

Supported by the Canadian Institutes of Health Research

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Mad rush for animation festival

With ticket sales at the door, OIAF managing director says attending 'as easy as going to the movies'

STEVE COLLINS
OTTAWA@METRONEWS.CA

STEVE COLLINS/FOR METRO OTTAWA

▶ Kelly Neall, managing director of the OIAF.

With the Ottawa International Animation festival opening today, organizers worked overtime to get ready for an expected 27,000 cartoon enthusiasts.

"The staff has been up late trying to get everything ready in time," said festival managing director Kelly Neall. "It's always a mad rush at the end to prepare everything, but we're almost there. Everybody's pretty excited."

The festival's official competition screenings offer 90 new animated works chosen from 2,091 entries, and include features The Illusionist by Sylvain Chomet (France), Goodbye, Mr. Christie by Phil Mulloy (UK) and One Piece Film — Strong World by Munehisa Sakai (Japan).

Kids and families will find plenty to do and see this year, including the short films for kids and TV for kids competitions, animation workshops for teens and families, and an interactive sneak peek at Teletoon's new show, Skatoony.

The Ottawa International Animation Festival runs through Oct. 24. For more details and the schedule, check out animationfestival.ca.

Candidate. Read all about it

▶ Mayoral candidate Clive Doucet switches up his campaign to hand out Metro newspapers downtown.

TRACEY TONG/METRO OTTAWA

Doucet goes Metro

With only days to go before the municipal election, Clive Doucet handed out newspapers on Bank Street yesterday. "I'm the oldest paper boy in the city," he joked. Doucet is holding an announcement to critique the platforms that have emerged in the campaign and recap his own vision for "building a prosperous and resilient city" this morning.

uOttawa researcher gets grant

A University of Ottawa researcher is helping to identify and reverse metabolic changes that contribute to brain injury associated with Alzheimer's disease, Parkinson's disease and stroke, thanks to a grant from the Canadian Institutes of Health Research.

Dr. Steffany Bennett leads a team of researchers at the University of Ottawa, Carleton University, the University of Toronto, the Sunnybrook Health Sciences Centre and the Ottawa Hospital Research Institute in the new field of neurolipidomics. This investment is part of a six-year training initiative.

TRACEY TONG

$1.8M

Total amount of the grant from the Canadian Institutes of Health Research.

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Chile probes mine company for negligence

Worker lost his leg in small collapse of San José Mine in July ◐ Collapse that trapped 33 was in August

A Chilean legislative commission is investigating reports that mining operators ignored danger warnings from a man who was later among 33 trapped when a mine collapsed.

Deputy Carlos Vilches, a commission member, said yesterday that miner Juan Illanes has alleged that operators refused his request to leave the mine three hours before it collapsed on Aug. 5. Illanes reportedly had heard loud sounds that indicated a collapse could be brewing.

Vilches spoke at the opening of a public exhibit of the capsule used in last week's rescue of the miners after 69 days underground,

GETTY IMAGES

▶ Juan Illanes

an achievement that served as a rallying point of national pride. The exhibit in the plaza outside Chile's presidential palace is drawing hundreds of people.

Vilches said he would call Illanes and other miners to testify before the commission about conditions at the mine.

A spokesperson for the San Esteban mining company that owns the mine said the firm would have no comment pending possible legal proceedings.

THE ASSOCIATED PRESS

$10K

Some of the rescued miners have begun enjoying some of the trips and other gifts they have been given, including $10,000 each from a wealthy businessman.

France. Retirement protests

▶ Riot police officers detain a youth during clashes in Lyon, France, yesterday.

LAURENT CIPRIANI/THE ASSOCIATED PRESS

France's youth show outrage

Masked youths clashed with police and set fires in cities across France yesterday as protests against a proposed hike in the retirement age took an increasingly radical turn. Hundreds of flights were cancelled, long lines formed at gas stations and train service in many regions was cut in half.

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DAN KREMER/THE CANADIAN PRESS

▶ Double Down sandwich

Double Down dilemma

Opposition said it fully expected Premier McGuinty to quickly ban the sale of the Double Down But minister's office says no such plans exist

The arrival of KFC's 540-calorie Double Down sandwich caught the attention of the Ontario government yesterday, which first promised to review the sale of the sodium-laden, breadless concoction, but then quickly backtracked.

Just what a province could do about a food product that's considered perfectly legal — even if unhealthy — was unclear. But Liberals weren't saying why Health Promotion Minister Margarett Best had two positions on the Double Down in as many hours.

Best was asked about the Double Down, and said it was something the government could investigate.

THE CANADIAN PRESS

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Feds' study on marine life raises hackles

2002 The goal year that the UN marked to reduce species loss.

A multi-year study by the federal government has produced a troubling report card on Canada's marine life.

There are vanishing species, warming ocean temperatures and a flood of contaminants, according to the document from the federal fisheries department.

The report was released, without fanfare, this summer.

The information surfaces as Canada joins delegates from more than 190 countries in Japan for the two-week-long UN biodiversity conference.

Countries are expected to negotiate new targets to protect the world's ecosystems and save species from extinction.

One biodiversity expert says the report card is a reminder of how Canada has failed to live up to the UN's modest 2002 goal of reducing species loss.

Dalhousie University's Jeff Hutchings says Canada has seen dramatic biodiversity decline in recent years.

THE CANADIAN PRESS

Smuggling crackdown on way: Harper

Tough new human-smuggling legislation due this week is aimed at stopping queue-jumping "mass arrivals," Prime Minister Stephen Harper says.

He told a group of freshly minted citizens yesterday that the government is tightening immigration law to deter human smuggling and encourage would-be migrants to follow proper channels.

The new legislation is likely to be introduced in Parliament tomorrow.

Harper said it will "ensure that people who abide by our laws and patiently proceed through our system, like everyone here today, are not made to wait even longer."

Harper was speaking at a citizenship ceremony where newcomers formally swear the oath to become citizens. THE CANADIAN PRESS

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Militants attack parliament in Chechnya, kill 6

Attack follows a bombing in the Moscow subway in March and a car bombing last month in a Vladikavkaz

NTV/GETTY IMAGES

▶ A Russian NTV channel television grab shows Chechen troops as they escort a deputy near a parliament building in Grozny yesterday.

Islamic insurgents attacked Chechnya's parliament yesterday in a brazen suicide raid that left six people dead and 17 wounded, defying Kremlin claims of stability in the volatile southern region.

In a clear challenge to Moscow, the raid occurred just as Russia's interior minister was visiting the provincial capital of Grozny.

The three attackers drove to the tightly guarded parliament complex and got inside. One militant blew himself up at the doors and another two ran into the building shouting "Allahu akbar!" — "God is great!" in Arabic — as they opened fire on the people inside, said a Chechen police spokesman.

The regional prosecutor's office said the remaining two attackers also blew themselves up after exchanging fire with police, while other officials said they were killed in a gunbattle.

THE ASSOCIATED PRESS

VAL CHIRKOV

Enjoying the Stillness

Today's photo of the day is by Canadian Val Chirkov and was submitted in the Favourite Spot category. The photo is titled Stillness. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

Costly crime agenda

Don Head, commissioner of Correctional Service Canada, says he will have to hire thousands more staff, as well as expand existing prisons to handle the extra 4,478 inmates that will be the result of the Conservatives' crime legislation. THE CANADIAN PRESS

$2 billion
The commissioner says he'll need to spend about $2 billion to deal with the influx of prisoners.

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Thailand. Downpour

▶ Thai soldiers push a small boat loaded with a patient and a medical team as they are evacuated from a hospital in Nakhon Ratchasima province, Thailand, yesterday.

THE ASSOCIATED PRESS

Thailand deals with deluge

Downpours that started over the weekend have affected nearly 55,000 people in 17 central and northeastern provinces, according to the Disaster Prevention and Mitigation Department.

Smoke report shelved

Liberals wary of McGuinty's 'Premier Dad' image

Leery of charges that Dalton McGuinty is "Premier Dad," the Liberals are shelving a new report recommending more curbs on cigarettes, including non-smoking clauses in leases and licensing of retailers. Ontario's anti-smoking panel urged measures to reduce smoking. **TORSTAR NEWS SERVICE**

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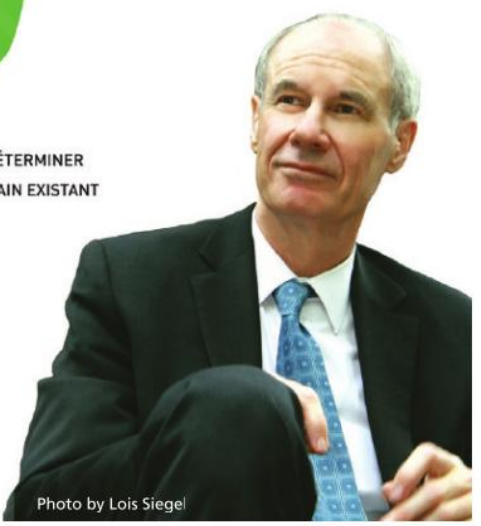

Photo by Lois Siegel

Calgary's new mayor bucks stereotypes

Issue of religion did not really enter into the campaign debate

Cowtown has a new mayor.

He's young, funny, educated, a visible minority and a Muslim.

Naheed Nenshi was still basking yesterday in his somewhat unexpected election victory the night before.

And while much was being made of Nenshi being what's believed to be the first Muslim mayor in a major Canadian city, experts, supporters and even leaders in Calgary's Muslim community were downplaying the role Nenshi's faith played in his election.

"I think it's an overblown situation," said Calgary Imam Syed Soharwardy, the founder of the Islamic Supreme Council of Canada.

▶ Naheed Nenshi

"He's a Muslim. Yes, well so what? Why does it have to be identified that we have a Muslim mayor? I think the most important thing is we have a new person who has been elected by Calgarians."

Still, Soharwardy couldn't deny the impact Nenshi's election will have on Calgary's cowboy conservative stereotype.

"This sends a very strong message to our country," he said. "I think it shows we are not a redneck city. It shows that we are not biased, that we are not just Christian, we are multifaith and everyone has an equal opportunity."

THE CANADIAN PRESS

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Google practices raise red flag

- Privacy commissioner says Google violated Canadians' privacy rights
- Collected personal info by mistake

Millions of Canadians search the web every day, but the country's privacy commissioner says their favourite search engine was doing too much research into them.

Jennifer Stoddart says Google broke Canadian privacy laws when it accidentally collected personal information from unsecured wireless networks while putting together its Street View mapping service. An investigation by Stoddart's office found emails, addresses, usernames and passwords. Even a list with names of people with certain medical conditions was collected. THE CANADIAN PRESS

Privacy concerns

In April, privacy commissioner Jennifer Stoddart led a group of 10 privacy regulators who wrote to Google concerned about its approach to privacy.

- **Street View** lets users get crystal-clear pictures of homes and sometimes faces and licence plates.
- **Stoddart** said Google needed clearer controls around new product launches and enhanced privacy training.
- **Spanish data regulators** said they are filing a lawsuit against Google for the Wi-Fi mapping incident.

China. Interest rates

▶ A man poses for photos in front of Tiananmen Gate in Beijing yesterday. Beijing is trying to cool inflation and guide rapid growth to a more sustainable level.

NG HAN GUAN/THE ASSOCIATED PRESS

Beijing bombshell

China shook global markets yesterday with its unexpected increase of interest rates, but the surprise was compounded by the size of the move. The increase was 25 basis points, the first time in modern history that Beijing adjusted deposit and lending levels by a number that was not a multiple of nine.

Canadian house prices come down

Increases in Canadian home prices are moderating as the market cools from overheated levels of earlier this year, says one of the country's largest real estate companies.

A Royal LePage survey published yesterday said housing prices weakened in the third quarter in most major markets, coming off unseasonably strong sales in the first half of the year when low interest rates helped stimulate a rush to market. THE CANADIAN PRESS

HANDOUT

"The year is unfolding much as we predicted, with the unusually active first half of 2010 giving way to slower markets."

PHIL SOPER, ROYAL LEPAGE PRESIDENT AND CHIEF EXECUTIVE

Apple shares fall

$20.3B
Apple's revenue jumped 67 per cent to $20.3 billion, from $12.2 billion last year.

Wall Street's bar was so high for Apple Inc. that the fact that it sold more iPads than Macs in the latest quarter wasn't enough to impress investors.

Shares fell nearly six per cent after the release of results Monday, even though Apple reported record net income and revenue as iPhone sales nearly doubled from a year ago.

Apple's gross margin — a measure of its profitability — was better than its own guidance, but Wall Street was expecting even better. THE ASSOCIATED PRESS

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THERE REALLY SHOULD BE AN APP FOR THAT

Just sayin'

PAUL SULLIVAN

It's now an article of faith — after numerous studies prove it to be so — that texting, talking and even listening on your cellphone while driving is even more dangerous than driving while drunk.

That, of course, doesn't prevent people from texting, talking or listening while driving, even when it's illegal: OMG! I'm gonna crash. It's enough to make you get out and walk. But lately it occurs to me that is no solution. Walking has become just as dangerous as driving as the streets are populated by the same idiots — distracted drivers who somehow manage to park their cars without incident.

Everywhere you go, and I mean everywhere, the Text Menace is right in front of you, brow furrowed, thumbs going a mile a minute, jacked into headphones, completely oblivious to what's going on around them — or in front of them.

How many times today were you forced to swerve to avoid some vision in Ugg boots who couldn't wait to tell her BFF that she's just across the street, so Wait for Me!

And if you think that's bad, did you know you can get an iPhone app called Type and Walk which makes it possible for you to, well, type and walk at the same time without running into anything or anyone. That means you never have to look up. Or say you're sorry. Or thank-you. Or hello, or any of that other, like, outmoded human interaction stuff.

"Everywhere you go, and I mean everywhere, the Text Menace is right in front of you ..."

I guess Type and Walk is a good thing, especially if you have a tendency to walk off the curb into an oncoming bus, but would it not be simple just to turn your phone off for the three minutes it takes to get from here to there?

I think it's time to consider a ban on cellphones altogether. In case you haven't noticed, "smart" phone zombies are everywhere, holding the line up at Tim Hortons as they talk to their friends while trying to select 30 different Timbits. Or they're in the elevator telling people they're in the elevator, as in: "I'm in the elevator." Or in a stall in a public washroom.

Some people don't think it's a good idea to ban cellphones, even if you're heading down the freeway 40 kilometres over the limit. Rush Limbaugh, for example, thinks the whole idea is a commie plot: "Liberalism, socialism, communism is responsible for more deaths than cellphones could ever hope to be." But consider the source. I would bet listening to Rush Limbaugh lose his mind in public is more dangerous than texting and drinking combined. LOL.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

BlackBerry aiming low?

Worth mentioning

MONTREAL. While Apple CEO Steve Jobs brags that iPhone smartphone sales have pulled ahead of RIM's BlackBerrys, analysts say Research In Motion is aiming at a different, more international marketplace.

"It could have a viable future as a growth company that really focuses on affordable smartphones, affordable messaging devices," MKM Partners analyst Tero Kuittinen said from New York.

"The fate of Research In Motion really hinges on how well they now do in Asia, Latin America and the Middle East."

Apple said Monday that iPhones outsold BlackBerrys by two million units in the quarter, but Kuittinen said that's like comparing a BMW luxury vehicle with a mid-market Honda.

"Apple is targeting very sophisticated consumers who demand cutting-edge technology and are really interested in expensive data plans," he said.

BMO Capital Markets analyst Tim Long also said RIM is best positioned to benefit from smartphone growth in emerging markets over the next few years. He noted that most emerging markets don't offer subsidies for smartphones buyers and it would cost consumers in those markets more money to operate an iPhone than a lower-end, basic BlackBerry.

THE CANADIAN PRESS

Smart move

THE CANADIAN PRESS/AP, JUIT SOLANKI

How early is too early for a toque?

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Metro Minute at National Gallery

You've walked by the National Gallery of Canada many times — who hasn't? — but do you know the story behind the building? Check out the history, and the story behind dozens of other buildings at the Moshe Safdie exhibit, on at the gallery now.

The exhibit, entitled Global Citizen: The Architecture of Moshe Safdie, is a 40-year retrospective of the works of the internationally renowned architect best known for Habitat — his thesis project-turned-Expo '67 masterpiece in Montreal. It features 35 life-like models, 52 drawings, and over a dozen videos.

The exhibition runs through Jan. 9.

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Moshe Safdie is also responsible for Habitat in Montreal, the Vancouver Public Library, and Terminal 1 at Toronto's Pearson International Airport.

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2 scene

Gemini Awards

It'll be a Glee-ful celebration at the Gemini Awards next month.

Cory Monteith, who stars in the hit TV series, has been announced as host of the Geminis, which celebrate the best in Canadian television.

The show takes place in Toronto on Nov. 13.

Monteith, who plays Finn Hudson on Glee, was born in Calgary and raised in Vancouver.

Digg it

Gone actress Jill Quigg charged in Mass. break-in.

SUBMITTED

▶ Religious newspaper claims The Simpsons is one of the few TV programs for children in which the Christian faith and the question of God are recurring themes.

Vatican declares Homer a Catholic

The Simpsons' producer says the television program clearly shows Homer is not Catholic
It's the latest example of the Vatican's efforts to be more relevant to younger generations

[redacted] has declared that Homer Simpson is part of the Pope's flock — a claim that leaves The Simpsons TV producer baffled.

"Few people know it and he does everything to hide it but it is true: Homer J. Simpson is Catholic," L'Osservatore Romano wrote in its weekend edition.

Last December, the newspaper praised the show on its 20th anniversary for its philosophical leanings and irreverent take on religion.

The weekend story was the latest example of the Vatican paper's efforts to be more relevant in the past few years, and follows stories lauding Harry Potter and praising the Beatles.

The paper quoted an analysis by a Jesuit priest, the Rev. Francesco Occhetta, discussing Homer and Bart's conversion in a 2005 episode after meeting with a sympathetic priest, Father Sean.

"My first reaction is shock and awe, and I guess it makes up for me not going to church for 20 years."
AL JEAN, EXECUTIVE PRODUCER

Osservatore says the analysis shows that behind the TV program's jokes are themes "linked to the sense and quality of life."

"The Simpsons' remain among the few programs for children in which the Christian faith, religion and the question of God are recurring themes," it said. "The family recites prayers together before meals and, in its own way, believes in heaven."

While noting that The Simpsons often takes jabs at religious figures, it said parents should not be afraid to let their children watch "the adventures of the little guys in yellow."

But the show's producer told Entertainment Weekly the Vatican may have gone a step too far in its analysis of the satire, noting that Homer and Bart only consider converting in the 2005 episode.

THE ASSOCIATED PRESS

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TV legend returns to join the Working Class

Ed Asner to play crotchety neighbour in first scripted CMT sitcom

Television veteran Ed Asner is coming back to series TV with the first scripted sitcom for CMT.

On the new show, Working Class, Asner will co-star as the crusty but lovable neighbour to the blue-collar single mom played by series star Melissa Peterman.

The network announced Monday that the 12-episode multi-camera comedy will premiere in January on CMT.

Asner, who turns 81 next month, is beloved for his signature role as cranky journalist Lou Grant. His return to TV follows recent successes for two fellow castmates from the legendary Mary Tyler Moore Show: Betty White on TV Land's Hot in Cleveland and Cloris Leachman on Fox's Raising Hope.

Peterman has appeared on the sitcom Reba and hosts CMT's The Singing Bee. THE ASSOCIATED PRESS

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▶ Actor Ed Asner

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MICHAEL CAULFIELD/GETTY IMAGES

▶ Comedian Jimmy Kimmel will be one of a handful of celebrities answering phone pledges during the Night of Too Many Stars broadcast

When Too Many is just the right amount

Benefit for autism backed by comedian Jon Stewart among others

Comedy Central hopes it's got the winning number for Night of Too Many Stars: An Overbooked Concert for Autism Education.

The network's third such biennial benefit originates from two coasts and will be prerecorded as well as live.

Airing Thursday at 9 p.m. EDT, the broadcast will consist of a gala concert taped earlier this month at New York's Beacon Theatre, along with live cut-ins from Los Angeles, where a star-studded phone bank will receive viewers' contributions during the show.

Rob Corddry, Bryan Cranston, Jimmy Kimmel, Jim Parsons, Sofia Vergara and Rainn Wilson are among the celebrities booked to take calls in Los Angeles from donors. Jon Stewart will be hosting.

Meanwhile, the New York shindig will boast names such as Steve Carell, Stephen Colbert, Tina Fey, Sarah Silverman, Jimmy Fallon, Tracy Morgan, Joel McHale, Jim Gaffigan, John Oliver, Ricky Gervais, Lewis Black, Chris Rock and Triumph the Insult Comic Dog. Surely way too many!

Hosting this portion, too, of the overbooked affair: Who else but Jon Stewart?

Night of Too Many Stars comes packed with laughs, of course. But its underlying purpose is no joke, as Stewart wastes no time reminding everyone.

After greeting the audience with a bedbug joke, he turns serious, stating that one of every 110 kids is diagnosed as autistic.

"Tonight isn't about curing autism or fighting it," he says. "Tonight is about helping people that live with it now."

The event arose from the difficulty Robert Smigel had in finding his son Daniel, who has autism, the right educational resources. He and Daniel's mother started their own school a few years ago.

Smigel, perhaps best known for his wisecracking canine hand puppet, Triumph, is held in great affection among the comic mafia. THE ASSOCIATED PRESS

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Two more axed from Battle of The Blades

Violetta Afanasieve and P.J. Stock have been eliminated from the Battle of the Blades.

Katia Gordeeva and Valeri Bure were in the bottom two but will remain for another week.

The winning pair earns $100,000 for the charity of their choice.

Battle of the Blades airs live performance shows Sundays and live results shows Mondays on CBC-TV.

The six pairs returning to compete next Sunday are: Shae-Lynn Bourne and Patrice Brisebois, Isabelle Brasseur and Todd Warriner, Gordeeva and Bure, Kyoko Ina and Kelly Chase, Jamie Sale and Theo Fleury THE ASSOCIATED PRESS

NBC gives green light to three shows

NBC is giving three freshmen series, including The Event, a full-season pickup.

Besides the much-hyped thriller The Event, the network gave a vote of confidence Monday to Law & Order: Los Angeles and the sitcom Outsourced.

None of the series has posted stellar ratings in a season in which new shows have struggled to attract viewers.

But NBC noted that The Event and the Los Angeles-set Law & Order have improved ratings in their time slots, while Outsourced is doing well with advertiser-favoured young adult viewers. The network finished in the fourth spot last season. THE ASSOCIATED PRESS

TV picks

Save the very last Dance

REALITY It's the final performance episode on So You Think You Can Dance Canada before Sunday's season finale. Four hopefuls are vying for the coveted title. (CTV)
CANADIAN PRESS

Howie helps salute stars

AWARDS Howie Mandel hosts the Canada's Walk of Fame special in Toronto tonight, honouring some of Canada's biggest and brightest. This year's inductees include singer-songwriter Nelly Furtado, actor Eric McCormack, David Clayton-Thomas and acclaimed author Farley Mowat (Global)
CANADIAN PRESS

New record in works

Avett Brothers vow to stay on their toes as album takes shape

GETTY IMAGES

▶ The Avett Brothers

The Avett Brothers' breakthrough album, I and Love and You, came out on Sept. 29, 2009, exactly one year before our interview with singer and multi-instrumentalist Scott Avett.

So what's the band doing to celebrate the anniversary?

"I guess," says Avett, upon quick reflection, "making another record, right?"

The band is not quite ready for the studio though. They just released an in-concert collection called "Live, Volume 3" last week, which clearly demonstrates how much growth can happen on the stage for this band.

The songs from their 2009 album have matured especially well thanks to their year on the road. And the band — which also includes Scott's brother Seth on vocals, guitar and piano as well as bassist and singer Bob Crawford — agrees that they like to know how a song works in the live setting before they commit it to disc.

"We've got a ton of songs that we'd love to record, but I think there's a lot to be said for being content and figuring out how to sit back and let those songs become what they will and develop naturally," he says.

"They start to breathe and nuances happen. Great accidents happen, and the songs really dictate what they'll become. You've just got to play them."

I and Love and You was produced by Rick Rubin and not entirely road-tested when they went into record with him. Avett says that this really worked for the album, but they want to do the next one differently.

"I and Love and You was a big learning experience and a big change for us in the way we recorded it. We gave up some control intentionally, and we were proud to do so," he says..

"We wanted to step out of our comfort zone, and we did. And we're kind of coming back to it, to take chances on stage — and bringing things to the stage that you don't really know is how you get to develop them." METRO

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(even the Grand Canyon helicopter tour).

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GETTY IMAGES

▶ Ryan Bingham

Singer not Weary Kind

Bingham claims new album inspired by cars, not Crazy Heart character

Ryan Bingham's latest album, Junky Star, seems inspired by Jeff Bridges' Crazy Heart character Bad Blake, an alcoholic former country music superstar on his way down and out.

Not so, says Bingham, the 29-year-old singer-songwriter responsible for the film's Golden Globe and Oscar-winning song, The Weary Kind.

"I was thinking of when you're looking through a junkyard and among all the trashed cars you find a really special cool car. But I like to leave it vague and open to interpretation," he explains.

Junky Star does have a definable link to Crazy Heart, though.

The film's soundtrack producer, the 10-time Grammy-winning T-Bone Burnett, who co-wrote The Weary Kind, helmed this set of bristling barroom rock and aching raw ballads.

Even so, it was business as usual for Bingham and his band, Dead Horses.

"He didn't tell us to do anything. He just got us all in the studio with all these amazing guitars and cool old amps and we played around, trying different guitar sounds."

"We tracked the whole record in three days. I don't want to say it was easy, but it was that smooth."

Like Bad Blake, Ryan Bingham and the Dead Horses' music is more outlaw country than mainstream Nashville pop.

The more revved-up songs of Junky Star sit easily with the likes of the rockabilly-based tunes of early Kings of Leon, before the stylists came on board and cut into their hick charm.

."I could see that," agrees Bingham, sounding more polite than convinced.

Then there's his raspy voice, which is as ragged and emphatic as Tom Waits. "I'd be nothing but honored to be mentioned alongside Tom Waits," he says humbly. "He's amazing." METRO

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Lesson learned

Whatever you Like singer tells radio station he's through with crime as judge orders him off to prison

Rapper T.I. says he's learned his final lesson after a federal judge ordered him back to prison for 11 months.

A federal judge in Atlanta ruled last week that the Grammy-winning rap artist, whose real name is Clifford Harris Jr., must return to prison for violating the terms of his supervised release on federal weapons charges. He was arrested in California last month on suspicion of drug possession.

T.I. told radio station V103-FM in Atlanta on Monday that he's learned by trial and error after each arrest and has learned his final lesson.

T.I. gave the interview to V103 alongside a 24-year-old man who had recently threatened to kill himself by leaping from a downtown building.

Police said the man agreed to come down if he could meet with T.I.

THE ASSOCIATED PRESS

SUBMITTED

▶ Rapper T.I.

A Gibson cameo for Hangover 2

Mel Gibson will make a cameo in The Hangover 2 as a tattoo artist.

Gibson's role, which was first reported by the New York Post, was confirmed Tuesday by a person close to the production, who requested anonymity because he wasn't authorized to comment publicly on the matter. The film, a sequel to the 2009 hit comedy The Hangover, is beginning production, with a release scheduled for May 2011.

Warner Bros., which is distributing the film, declined to comment.

Gibson might be hoping some comedy improves his tarnished reputation: A memorable appearance in the first Hangover film helped rehabilitate Mike Tyson's image.

Authorities are investigating claims by Gibson's ex-girlfriend Oksana Grigorieva that the 54-year-old actor-director physically abused her. Audio purportedly of Gibson making a series of racist and misogynistic rants was leaked earlier this year.

Though shooting on the film was completed in 2009, no release date has been announced. The Hangover 2 follows the characters on a trip to Southeast Asia for a wedding. THE ASSOCIATED PRESS

SUBMITTED

▶ Mel Gibson

I paid for my hotel with TD Points
(even the room service).

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A toast to famous, fearless femmes

Elle magazine celebrates female achievement in film **"Women run Hollywood," says actor Harrison Ford**

They are Oscar winners and nominees, actors, directors and producers. And the honourees of Elle magazine's 17th annual Women in Hollywood celebration say they have women to thank for it.

Jodie Foster, Diane Keaton, Gwyneth Paltrow, Kate Hudson, Sofia Coppola, Hilary Swank, Kerry Washington, Diane Kruger and newcomer Jessica Chastain, who were recognized Monday night for their achievements in film, said they were inspired by other actresses and female filmmakers.

Foster, who knew at age 6 she wanted to be a director, looked to European filmmakers Lina Wertmuller and Margarethe von Trotta.

"I thought, well, if they could do it, an American can do it, too,'' she said.

MATT SAYLES/THE ASSOCIATED PRESS

▶Honouree director Sofia Coppola, left, actor Stephen Dorff, center, and Elle Fanning at ELLE magazine's 17th Annual Women in Hollywood Tribute

Meanwhile, Oscar-winning director Kathryn Bigelow called Foster "a national treasure," and Alyson Hannigan said Foster inspired her to become an actress.

"I've always loved her," Hannigan said, "So if I get to meet her tonight, like, I might pass out."

Kruger, Swank and actress Viola Davis all named Meryl Streep as one of their acting heroes. For Washington, it's Annette Bening. For Coppola, it's Anjelica Huston. Hudson and Paltrow each said their actress moms were inspirations.

With all the love in the room, director-producer Adam Shankman, who hosted the event at the Four Seasons Hotel, concluded that "being a woman in Hollywood totally rocks."

Harrison Ford speculated that the event "came to be back in the days when they said, 'There were no good parts for women' and 'Women aren't highly regarded.'''

Now, he said, "Women run Hollywood. Absolutely run Hollywood. And I'm glad."

Though significant gains have been made, honourees and presenters said they're still fighting for parity.

"There needs to be more focus on great stories, great roles for women that are just as powerful as they are with men, filled with duality, where we're all not always nice and sexless after 40 and humourless after 40," Davis said. "I think there are some amazing women out there"

Foster said it might seem quaint to celebrate women "when they really are half of what's going on in the film business."

Keaton said it's up to women to work together to tell their stories.

"We're bound together by the inexplicable wonder by being what?'' she said. "Just women." THE ASSOCIATED PRESS

I paid for a last-minute flight
to Paris with my TD Points
(even the airport taxes).

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'If she can do it, so can I': Levi to The View

Levi Johnston says there are really no qualifications to hold the job that Sarah Palin once held, which is that of mayor of Wasilla, Alaska.

Johnston, the father of Palin's grandson, was grilled on The View Monday about his mayoral ambitions.

In August, Johnston's manager confirmed Johnston's plans to run for the office as part of a reality TV show and insisted he was serious about the move.

Johnston said the only real qualification is to live in the city limits for a year before the election.

He believes he's as qualified as any other candidate, saying he believes it's important to listen to the people and their concerns.

Johnston said he has no platform, which drew groans from the roundtable. THE ASSOCIATED PRESS

SUBMITTED

Rock and writing

Depression doesn't trump Springfield's desire to pen "hopeful" book

Singer and actor Rick Springfield is not worried about his squeaky clean teen idol image being tarnished by his surprisingly dark new memoir, Late, Late at Night, which starts off with Springfield recounting a suicide attempt at age 17.

"The guy you see on the magazine stands, with Jessie's Girl and soap operas, always painted me as a shiny, happy guy. I was looking forward to blowing the lid off that and having people understand that I'm a three dimensional human being, instead of just a paper cut-out."

But perhaps one of the more surprising elements of the book is the fact that Springfield wrote it himself.

"I didn't want to have a biography written by a ghostwriter. I sent 30,000 words to my publisher and she loved it; she loved the voice and the approach. I really didn't want a ghostwriter because you lose so much." METRO

GETTY IMAGES

▶ Musician Rick Springfield

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).

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GETTY IMAGES

▶ Comedian, actor and author Judah Friedlander

Buttkick 101

Metro talks training and time travel with newfound writer Friedlander

Judah Friedlander, who plays a staff writer on NBC's 30 Rock, knew he had a gift, but it wasn't for entertaining — it was for martial arts, The stand-up comedian and actor decided to share his hard-fighting acumen with his new book, How to Beat Up Anybody.

We talked with the master about his work. Here's a tip: Don't take anything in this article as truth.

How did you become a world champion of karate?

Well, I'm not a world champion, I am the world champion. I won it. It's the most coveted trophy in all of sports and martial arts. I first won it back in the '80s but I'm still undefeated. And with this book, this is the first time I'm showing the general public my techniques so that everyone can stay safe.

Does your expertise come from your innate abilities or do you attribute it to years of hard training?

That's an excellent question. It's a mix. I have a natural gift, and I've worked on it. I first learned martial arts when I was 13. I was in federal prison in China for a crime I didn't commit and I learned from the inmates.

You have a section on how a woman can defend herself and even dress the part to illustrate it. How did it feel to be in a woman's shoes?

Well, I've been there before. Everything in this book is real. There's not one staged photograph and to prepare for this book, in 1983, I went back in time to 1975, got a sex change and lived as a woman for two years in Istanbul. I was abused — this was before I was the world champion. I did that so I can learn because I want to give back. I want to learn what it's like for a woman to defend herself, so I actually did. METRO

Acting Up

Judah Friedlander on keeping karate skills sharp while working for 30 Rock.

▶ "When I'm taking a break from beating people up and winning trophies, I'll head over to 30 Rock. I'm actually only there for security purposes. And you know, every once in a while, they'll give me some lines. It's just something to mix the day up."

I paid for a resort in paradise with TD Points (even the scuba lessons).

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Anderson prize

Harry Potter author J.K. Rowling has won the Hans Christian Andersen Literature Prize.

She is the first recipient of the 500,000 kroner ($93,352) award, which was handed out yesterday at a ceremony in Odense, Andersen's hometown.

The prize is given to one who can be compared with Andersen, the Danish writer who wrote some 160 fairy tales and poems between 1805 and 1875.

Rowling said the author of such classics as The Little Mermaid and the The Ugly Duckling had "created indestructible, eternal characters."

Rowling's seven harry Potter books have sold more than 400 million copies. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Author J.K. Rowling

Twain tops lists post-mortem

It's never too late: Mark Twain is back on the best-seller lists.

Pre-orders for the first of three planned volumes of his autobiography, released in full upon the centennial of Twain's death, have for the past few days placed the book in the top five of Barnes & Noble.com and Amazon.com. It is outpacing new works by Ken Follett, John Grisham and Jon Stewart.

The Autobiography of Mark Twain, Volume 1 comes out Nov. 15 from the University of California Press.

Excerpts have appeared over the past several decades, but Twain's strong opinions on current affairs and other matters were left out, at his request. He had said that it was best to wait 100 years after his death for the whole book to be released. THE ASSOCIATED PRESS

Polley snags Silverman

Actress/director Polley says she lucked out by recruiting comedian Silverman to star in her hotly anticipated movie, The Last Waltz

Canadian Sarah Polley says she completely lucked out by snagging her "favourite living performer right now" for her new movie, Take This Waltz, which she directed last summer in Toronto.

That performer is edgy, foul-mouthed comic Sarah Silverman.

"I think she's so brave and interesting, and pushes the envelope in so many ways. She's enormously political as well in ways that I don't think people give her credit for," said Polley.

Silverman is best known for her boundary-pushing humour — which often trades on taboo subjects like religion, race and sexism — but she shows a more serious side in Take This Waltz, said Polley, who also wrote the screenplay for the film.

"I was just really excited to work with her. I think someone like that is so obviously deeply intelligent that they are going to give a great dramatic performance and she really did in our film."

The movie, which may hit theatres next year, is Polley's hotly anticipated follow-up to her 2006 directorial debut, Away From Her, which nabbed her an Oscar nomination for best adapted screenplay.

The script, which takes its name from a Leonard Cohen song, made 2009's Hollywood Blacklist, an annual collection of highly touted unproduced screenplays.

It appeared alongside the likes of The Social Network, The King's Speech and Buried.

Take This Waltz, also starring Michelle Williams and Seth Rogen, is the story of a woman who is tempted to stray from her marriage after a chance encounter with an intriguing man on a business trip.

Things become even messier when they realize they actually live on the same street and will surely run into each other again and again.

Torontonians should have no problem recognizing their city in the film, if a script circulating online holds true.

Neighbourhoods like Little Portugal, Little Italy and Little Korea are name-checked in Polley's script, and there are references to the city's streetcars and rickshaws. One character says his biggest regret is not watching the Toronto Maple Leafs the year they went deep in the playoffs.

Scenes were also shot in Louisbourg, N.S., to depict the protagonist's business trip to Cape Breton.

Polley said the filming went smoothly and that the movie is currently in the editing stage.

She's not sure when it may hit theatres.

"I don't know, sometime next year I hope," she said.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Sarah Polley poses with her star at the Canada's Walk of Fame induction gala in Toronto on Oct. 16, 2010.

DAN STEINBERG/THE CANADIAN PRESS

▶ Comedian Sarah Silverman arrives at The 24th American Cinematheque Awards in Beverly Hills on March 27, 2010.

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By the numbers

1

Mayor, in addition to 23 councillors and 37 school board trustees will be elected on Oct. 25.

300,039

Ballots cast in the 2006 municipal election. Voter turnout on Election Day was a record 54 per cent.

40

Voter turnout in municipalities throughout Ontario rarely exceeds 40 per cent. While many people believe it won't affect city services, elected officials make decisions on services that residents count on, the city stated.

$2.6

Billions of dollars that comprised the 2010 city budget. One of first tasks of the newly elected city council will be to decide the 2011 budget.

327

Number of polling locations on Election Day. Each location has a number of staff available to answer your questions and to help make voting easy and stress-free, the city said in a press release.

16,857

The number of people who cast their ballots on Oct. 2, the first advance poll day. Rideau-Vanier, Alta Vista and Rideau-Rockcliffe had the highest advance turn out, each with over 1,700 ballots cast. River Ward had the lowest, with only 344 votes cast.

TRACEY TONG

Mayor race 'hotly contested': expert

Poli-sci prof says there will 'probably be a reasonable turnout'

METRO OTTAWA FILE PHOTO

▶ Mayoral candidate Mike Maguire speaks at a debate last month as Charlie Taylor, background, looks on.

STEVE COLLINS AND TRACEY TONG

Provincial and federal politics may get more media attention than municipal politics, but it's the decisions made at the municipal level that have the most impact on residents' day-to-day lives.

While the number of people voting in municipal elections usually hovers around 40 per cent, it's possible that the turnout will be reasonably good this time around, said Carleton University political science professor Jon Pammett.

"There's a rather hotly contested race for mayor, so that would I think bring people out," Pammett said. "So I think you could probably expect a reasonable turnout."

There are various reasons why people turn out to the polls on Election Day, said Pammett.

"They could turn out for negative reasons or positive reasons. You could turn out to try to get rid of somebody. You could turn out to try to bring somebody in, more positively… There may be people who are in favour of candidates who didn't run last time."

Large number of mayoral candidates

"I'm interested in the number of candidates who've come out for mayor." JON PAMMETT

Expert Jon Pammett said he doesn't know who all of these candidates are, and suspects most voters are the same.

"To me, it's curious that so many people have decided to have a go at civic office, particularly when… they don't have a lot of chance of winning."

STEVE COLLINS

What your mayoral candidates have to say

CESAR BELLO

AGE: **46** OCCUPATION: **OWNER AND DIRECTOR OF MUNDO EN ESPANOL NEWSPAPER IN OTTAWA-GATINEAU**

On transit: My vision and commitment is to institute a more efficient, less costly and ecological public transportation system for our residents. To institute the public transit as an essential service, no more bus strikes in cold winters.
On taxes: We are overburdened with taxes. There is no room left. My commitment is to limit property taxes increases to less than the annual inflation rate.
On the environment: Provide ecological initiatives to reduce toxic emissions, promote the use of clean and alternative energy for homes and more effective recycling education programs in our high schools.
What's the one luxury you can't live without? Love.
What was the last book you read? The Grand Design, by Stephen Hawking and Leonard Mlodinow.

IDRIS BEN-TAHIR

AGE: **71** OCCUPATION: **INFORMATION SCIENTIST**

On transit: Transit is the main plank in my platform. The Number One thing is to make a bypass from the 417 to 96, which is Boundary Road... It will take the traffic off the Queensway and there will be less smog, wear and tear, less accidents and will bring the city to the country. Number two is LRT to connect the airport and the railway station.
On taxes: I'm against HST. Ottawa is the most over-governed city. I want to get rid of the provincial government and the NCC. There should be two levels of government here, the federal government and the municipal government.
On the environment: The environment is an imponderable and we have to do our very best to control the dynamics it demonstrates.
What's the one luxury you can't live without? My 22-year-old automobile.
What was the last book you read? The Economist.

UNABLE TO REACH FOR COMMENT:

ROBERT LARTER | **VINCENT LIBWESHYA** | **ROBIN LAWRENCE**

SEAN RYAN | **JULIO PITA** | **SAMUEL WRIGHT**

More Coverage, Pages E2-E3

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CLIVE DOUCET

AGE: **64** OCCUPATION: **CITY COUNCILLOR**

On transit: We need city-wide light rail on existing city streets and right of ways in four years, not a $2-billion tunnel now and converting the existing busway to rail by 2031.
On taxes: This city is living beyond its means. Roads now absorb more than a quarter of our entire ... budget and emergency service costs - police, fire and paramedics budgets - are increasing at twice the cost of living. The solution is we have to grow our city in a way that reduces our basic costs as we grow.
On the environment: For me, it's never a question of deciding between economic, environmental or social issues, it's about acknowledging how they are each equally important in their own way, and no one piece can be overlooked.
What's the one luxury you can't live without? Coffee!
What was the last book you read? Dreams from my Father, by Barack Obama.

ANDREW HAYDON

AGE: **77** OCCUPATION: **RETIRED REGIONAL CHAIR OF OTTAWA-CARLETON**

On transit: I have been extolling the virtues of bus rapid transit over light rail...my BRT tunnel is $735 million, their tunnel and the work they have to do is $2.1 billion. It's simple math. BRT is a third of the cost.
On taxes: I want to set the foundation for the pay as you go system here in Ottawa that has been the landmark kind of funding for municipalities across North America. Few of them can follow it because to pay for the wants of people, they borrow money.
On the environment: The incineration of garbage to produce electricity is the path to go...with the advancement in technology in scrubbing, what you get is much better than what we're getting now.
What's the one luxury you can't live without? I don't see how it relates to being mayor.
What was the last book you read? The Phantom of the Opera.

JOSEPH FURTENBACHER

AGE: **50** OCCUPATION: **POLYMATHIC MACROETHICIST**

On transit: My plan calls for the laying of double track along the 417-174 corridors from Kanata to Orleans, and along the O-Train-Via Rail corridors from Gatineau to Barrhaven, served by feeder buses via underpass accesses, with a street level (sunken) double-track free-to-use shuttle service from an O-Train line transfer (and fare payment) station, along the Slater-Transitway corridors.
On taxes: I would introduce consumption taxes and subsidies through property tax shifting, so as to benefit businesses who produce sustainable, healthy, and pro-social goods and services.
On the environment: I believe that most people in this city are dangerously deluded concerning the degree of sustainability their actions entail.
What's the one luxury you can't live without? The belief that some day, humans will care as much about themselves as I care about them.
What was the last book you read? Of Human Bondage.

FRASER LISCUMB

AGE: **62** OCCUPATION: **CEO/PRESIDENT OF INNOVATION HUB**

On transit: Have been supporting the development of a 21st century transit system for six years, with little interest from city hall or any government agency. The word is that it is too advanced to use. It can be developed and put into service citywide in about five years at a cost the city can afford and a tax base (the city) can maintain.
On taxes: With over 78 per cent of all working Canadians working from paycheque to paycheque, it is going to take a lot of innovation and team effort to find the means we need to survive in a global economy.
On the environment: Build the proposed transit system that the people want and more important say they will use. That addresses a large part of that problem.
What's the one luxury you can't live without? Have none.
What was the last book you read? Archie. It allows my creative mind to relax from time to time.

ROBERT G. GAUTHIER

AGE: **73** OCCUPATION: **CONSTRUCTION AND PUBLISHING**

On transit: : I look at the city as one organism. Transit is just one thing. It's not the only issue in the city. There are all the other problems in the city. There are 900,000 people here and 800,000 don't use transit. Why don't we talk about other things? My issue is democracy.
On taxes: Taxes are the price you pay to have a civilized society. If you did not have taxes, you not have a civilized society.
On the environment: In 1990, I had a newspaper. We had five electric cars to deliver newspapers, so of course I believe in the environment.
What's the one luxury you can't live without? N/A
What was the last book you read? I usually have 10 or 12 books on the go at one time. One of the books I'm reading right now is My Three Years with Eisenhower. We need to get an Eisenhower.

DANIEL JOSEPH LYRETTE

AGE: **N/A** OCCUPATION: **LICENSED OPTICIAN**

On transit: The system we have now is inadequate. The transit system now is uncomfortable for all riders. I would implement LRT connecting areas like Vanier, Kanata, Ottawa South, and more if necessary.
On taxes: Taxes have been going up with things like hydro, for example. I would keep taxes as low as I can under the circumstances. I don't intent to raise taxes. It's all about treating your priorities.
On the environment: We need to keep our city clean, it's very important. I'd like to start with education. And I think water quality is an important issue.
What's the one luxury you can't live without? Food.
What was the last book you read? I read mostly medical books. The last one I read was about the eye.

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SHENKMAN ARTS CENTRE

THE RANKIN FAMILY
November 22
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DEBRA DiGIOVANNI
November 25
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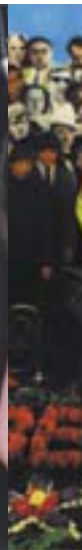

CLASS
SGT. PE

MIKE MAGUIRE

AGE: **49** OCCUPATION: **PROJECT MANAGER**

On transit: Cancel plans for a downtown Ottawa tunnel and LRT. Instead, let's reuse our existing rail and rail rights-of-way to restore surface rail to Ottawa. Similar to the GO Train in Toronto, this service is inexpensive (at less than a 10th of the tunnel/LRT), flexible, has the capacity to take thousands of cars off the Queensway.
On taxes: The city must recognize that there simply isn't any more tax money to be taken from people and we need to shrink the size of local government.
On the environment: First, a surface rail system to remove cars from the roads and thereby greatly improve the air quality in Ottawa. Second, the construction of sewer overflow reservoirs to prevent regular discharges of raw sewage from entering the Ottawa River system.
What's the one luxury you can't live without? High-speed Internet at home.
What was the last book you read? Hotel America, Louis Lapham.

LARRY O'BRIEN

AGE: **61** OCCUPATION: **MAYOR OF OTTAWA**

On transit: I'm very proud of the world-class LRT project that was approved during this last term of council. With a ringing endorsement from upper levels of government, including $1.2B in funding, we are moving forward with a plan that will transform the way we get around this great city.
On taxes: I've proposed cuts to city staffing levels, and... my budget would start at a zero tax increase.
On the environment: During this last term of council, we identified and acted on a problem that had plagued Ottawa for decades- overflows of raw sewage into our region's waterways.
What's the one luxury you can't live without? The cookie from Planet Coffee in the market that Remi and I share every day on our walk.
What was the last book you read? The Great Reset.

JANE SCHARF

AGE: **57** OCCUPATION: **PARALEGAL**

On transit: All viable options have not been considered before pursuing this mega LRT deal, which includes two very expensive tunnels downtown. Some of these options are 1. Using the existing tunnel; 2. improving biking; 3. O-Train across the Alexandra Bridge in rush hour on the empty train lane and 4. Opening up the empty Byron right of way for LRT, or O-Train.
On taxes: Lobby the provincial and federal government in order to stop and even reverse the downloading of services onto the city. If necessary, an aggressive lawsuit in the public interest would be required to reimburse the taxpayer for money paid in taxes to provincial and federal government.
On the environment: Best thing I can do for the environment is to clean up the consultation process.
What's the one luxury you can't live without? Sadly, my cell phone.
What was the last book you read? Life in the Woods.

MICHAEL ST. ARNAUD

AGE: **62** OCCUPATION: **VOLUNTEER AT SOUP KITCHEN AND CHURCH**

On transit: This service needs to be more modern, bicycle friendlier, more services such as shorter line-ups, cultural recognition, historical significant recognition, better services, incorporated new ideas such as more bicycle racks, addressing more issues with the transit passengers, faster and more reliable service, union demands and bus drivers' demands should be looked at.
On taxes: None.
On the environment: There needs to be more recycling done such as making pick-up service for older furniture and improvements on how to pick up garbage. There are new ideas such in France for recycling that has to be looked at.
What's the one luxury you can't live without? A home to be able to have a good night sleep!
What was the last book you read? The last book I have read was on miracles in Christianity, Buddhism, Hinduism, Islam.

CHARLIE TAYLOR

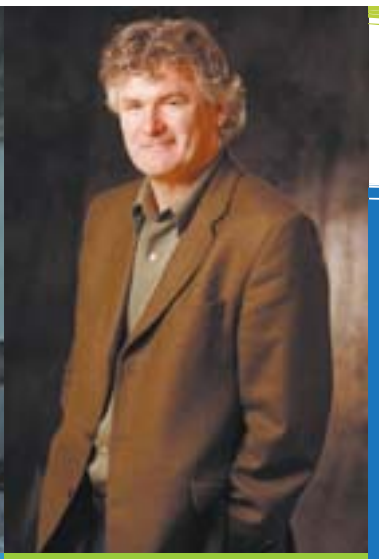
AGE: **33** OCCUPATION: **CARLETON JOURNALISM STUDENT**

On transit: We need to lower transit fares by addressing the underlying reason why we have the most expensive transit system in Canada – driver's salaries. Also, we need to convert to a rail-based system as fast as possible as this will also cut operating costs.
On taxes: We need to make the city run more efficiently to keep tax increases as low as possible without cutting valuable city programs, while any new capital expenditure will be carefully weighed to ensure that there is significant value provided to the public in return for its investment.
On the environment: I feel passionately that we as a municipality must step forward and lead by example.
What's the one luxury you can't live without? At this point in my life, the luxury that would be most inconvenient to live without would be my bicycle. I have made the personal choice to use cycling as my primary method of transportation.
What was the last book you read? Super Freakonomics.

JIM WATSON

AGE: **49** OCCUPATION: **FORMER MPP OF OTTAWA WEST-NEPEAN**

On transit: I have always supported light rail in Ottawa and I support the current east-west Light Rail Transit Plan, including the proposed tunnel. I want to make sure that this $2.1 billion project comes in on time, and most importantly, on budget.
On taxes: Over the last four years taxes have increased an unacceptable amount: 14 per cent (twice the rate of inflation). My policy on taxes would limit tax increases to or below 2.5 per cent.
On the environment: The mayor must be the defender of the official plan and the urban boundary to avoid costly environmental sprawl. The mayor must ensure that sustainable development is at the forefront of all decisions and stand up to protect the Ottawa Greenbelt.
What's the one luxury you can't live without? Garage door opener (especially on 30-below nights!)
What was the last book you read? Tipping Point, by Malcolm Gladwell.



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Michaels gets back on track with new show

Despite dealing with a host of medical problems, Poison frontman stars in reality show, records album

For a guy who is probably best-known for informing the world that every rose has its thorn, Bret Michaels certainly had a prickly year.

In the span of a few months this spring, the Poison frontman and reality-show fixture was hit with an emergency appendectomy, a near-fatal brain hemorrhage and a "warning" stroke, which led doctors to discover a hole in his heart.

On the plus side, though, is his new reality show, Life As I Know It, and new album, Custom Built — as well as his win on Celebrity Apprentice.

"The last year's been at complete opposite ends of the spectrum," he says.

GETTY IMAGES

▶ Michaels' new series is called Life As I Know It.

The first episode of Life delved deeply into Michaels' health problems and his desire to get back on tour. He's not shy about any of it. "It's a tough thing to talk about, but ... I'm a pretty candid person. I keep all my cards on the table," he says.

His family is also showing their hand. Michaels' two daughters and their mother — on-again, off-again girlfriend, Kristi — are featured in Life.

Michaels says he and his girlfriend "are making an effort." That means if there is another season of Rock of Love, the format — multiple women competing for his affection — will change. He says he's working on something called Rock of Love Boat.

"The catch line is: What if a rock star could save your relationship?" he says. METRO

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

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Bieber's mom feels shut out

Source says she's talking to a lawyer about Justin's planned autobiography

Pattie Mallette, mother of teen sensation Justin Bieber, is worried she's being cut out of her son's successful career, according to Radar Online.

Her worries started when she found out about Bieber's forthcoming autobiography.

"No one in Justin's camp told her or consulted her," a source says.

"She feels that she's being cut out of her son's business life by the people around him. She doesn't know what to do. It was a big step for her to finally go out and look for a lawyer for herself."

THE ASSOCIATED PRESS

Justin Bieber

Mel is not so bad: Jodie Foster

Mel Gibson

Despite his personal problems and his flagging public profile, Mel Gibson still has some high-profile supporters in his corner, including Jodie Foster. "He is incredibly loved by everyone that's ever come into contact with him or works with him," Foster says, according to Hollyscoop. "He is truly the most loved man in the film business, so, hopefully that stands for something."

THE ASSOCIATED PRESS

Talking points

Aguilera finds support

BLAME. Christina Aguilera reportedly blames husband Jordan Bratman for the collapse of their marriage, according to Page Six.

"She feels that he held her back when she wanted to focus more on her career," a source says. Meanwhile, Aguilera has reportedly been turning to Lindsay Lohan's ex-girlfriend, Samantha Ronson, for emotional support, though sources deny rumours the two are hooking up.

"They've known each other forever and they're good friends," a source says. "Samantha was in Mexico with Christina for Nicole [Richie]'s bachelorette party."

METRO

Gaga ready to settle down?

COMMITMENT. Things are getting serious enough between Lady Gaga and boyfriend Luc Carl that the pair reportedly took part in a "spiritual commitment ceremony," according to Grazia magazine. "It was their first step towards marriage," a source says. "They both dressed up and said beautiful handwritten vows. They then exchanged rings in a spiritual service and drank shots before sitting down to a lovely private dinner at a tiny restaurant." And the ceremony was just the beginning, according to the source: "They are still planning to marry, but that will come later when she has the time to plan a big Italian-style wedding."

METRO

Elton was asked to be Idol judge

OFFER. Elton John says he turned down an offer to be a new judge on American Idol.

"I don't want to be on television. It's become boring, arse-paralyzingly brain crippling," he tells Radio Times magazine.

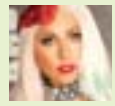
He also questions how much reality shows prepare singers for a real career. "TV vaults you to superstardom and then you have to back it up, which is hard," he says.

METRO

Celebrity tweets

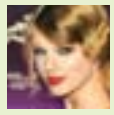
JIM CARREY

[@JIMCARREY] Friday night in NYC. A giant aching mass of impulse and apatite speeding toward the dawn again! You're a wild one!



LADY GAGA

[@ladygaga] Having a Perfect Manhattan, for my perfect guy. Love you Giuseppe am



Taylor Swift

[@taylorswift13] At dinner with my family, engaged in a heated argument — debating our theories on who 'You're So Vain' is about.

Jonathan Ross

[@Wossy] I drank/ate too much coffee and fruit. Would make a great pinata for cannibals. Main course, then desert and coffee in one handy skin. Yum.

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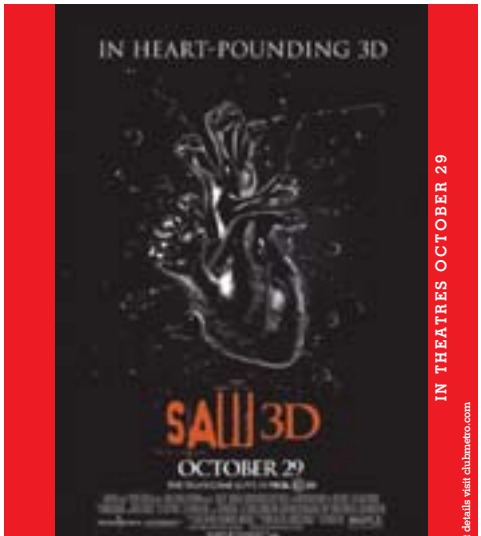
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▶ The Travolta-Prestons

THE BAHAMAS

For twosomes who are like ships that pass in the night because of jam-packed schedules and are desperately in need of pampering time together.

Poster couple
John Travolta and wife Kelly Preston make time for intimate getaways at places like the ultraposh resort, Atlantis, in the Bahamas. With more than 2,000 rooms, the resort might not be intimate but even these stars can get lost in the crowd.

▶ The Pitt-Jolies

DOMINICAN REPUBLIC

For twosomes who rank styrofoam, George W. Bush and SUVs high among the environmental evils of the world.

Poster couple
Brad Pitt and Angelina Jolie like to keep it real in the DR. They stroll the streets and hang with the locals, before hiding away at an exclusive resort, like the Punta Cana Resort & Club.

The sugary-white beaches of the Dominican Republic are why most people head there, but its best-kept secret is its eco-friendly side.

Hike through unspoiled mangrove swamps and mountains with cascading waterfalls.

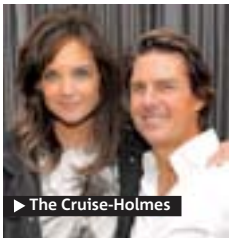
▶ The Beckhams

BARBADOS

For let's just do it twosomes who can't get the vacuum cleaner out of the front-hall closet because it's jammed with baseball gloves, golf clubs, yoga mats and last year's dart-tourney trophy.

Poster couple
David and Victoria Beckham flaunt their rippled bodies on the beach at celebrity-magnet Sandy Lane, the island's most exclusive, and expensive, resort.

When they're not frolicking in the waves, they lounge in their ocean-view suite, far away from the unwashed masses seeking autographs.



▶ The Cruise-Holmes

MEXICO'S MAYAN RIVIERA

For hipster couples who like to follow the crowd on the road to what's hot and happening.

Poster couple
Tom Cruise has always been one to be on top on the latest trend. He kicked off the global obsession with aliens with War of the Worlds and snagged himself a young wife (a popular Hollywood tradition) in the form of Katie Holmes.

He also knows a good thing: He booked a romantic getaway with his beloved at the Maroma Resort and Spa, a nearly $5,000-a-night sweet spot in the Mayan Riviera.

▶ The Smiths

GRENADA

For twosomes who love facing challenges and adversity head-on and want a trip to a place with strong conviction and spirit.

Poster couple
Will Smith and Jada Pinkett Smith, Heidi Klum and Seal. Both of these couples share things in common: It's the second time around for both, and these twosomes have vacationed on the spice island. Sure, they could've given up on finding love again and taken a vow of chastity, but they licked their wounds, found fresh amore and hooked-up for a sequel marriage.

3 life

SeaWorld

A new roller-coaster and a tropical fish venue are coming to two Florida theme parks owned by SeaWorld Parks. Park officials announced last week that the roller coaster Cheetah Hunt is coming to Bush Gardens Tampa, while Grand Reef will open at Discovery Cove in Orlando.

THE ASSOCIATED PRESS

Fans mourn closing of Liberace Museum as another sign of fading showmanship

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Swimming with lions a roar

Puerto Vallarta Adventures lets you get up close with huge sea lions These gentle giants are great with humans and beats the heck out of swimming with that boring, old dolphin

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA

Swimming with Dolphins has long been a favourite tourist attraction along Mexico's Pacific Coast, but how bout doing laps alongside big blubberly sea lions?

Just outside downtown Puerto Vallarta, you can literally get "nose to whiskers" with these super friendly giants.

For around 75 bucks Canadian, Vallarta Adventures offers a rare chance to get up close and personal with several well-trained lions.

Sure, I'll admit I was a bit intimidated, in fact downright worried, about splashing around in the same pool with a 1,500 pound hairy creature, but my new friend Cassandra the lion, soon put my mind at ease.

FLICKR: WONDERLANE

▶ Forget swimming with the dolphins, swimming with sea lions is the new hit attraction.

She swam right up, threw a welcoming flipper around my fragile neck, gave me a big hug, and planted a big wet, fishy kiss on me.

Okay, admittedly it was the most affection I'd had in awhile, but I really could have lived without that overpowering tuna breath.That aside, the whole experience really was downright fascinating.

These mammals are darned intelligent, and love to frolick with humans in a fun, and thankfully, non-life-threatening way. After swimming with, feeding and just hanging out with my new deep-sea friend, I was even ready for the grand finale.

Cassandra got a good head start and suddenly flew out of the water directly over my head, leaving me uncrushed, and a little sad it was all over.

It's a highly recommended once in a lifetime experience.

Hey, when are you going to get kissed by a 15 hundred pound monster named Cassandra again?

What else to do while there

Cruise the famous Malecon strip:
P.V. is most famous for this waterfront strip that features great views, shops, and cool atmosphere. Beware, though, prices in this tourist zone are a lot higher than other Mexican tourist destinations. Surprisingly, many of the restaurants here are owned or operated by Americans and Canadians.

Deep-Sea Fishing
Some of the best sport fishing in the world can be found off Puerto Vallarta, which after all, was just a tiny fishing port before the tourists started showing up. Several companies offer day long charters in search of Sailfish and Marlin.

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TICO

Any truth to hotel ratings?

How to know what ratings really mean and which ones to trust **Don't get taken in by fake rating systems**

JESSICA LEWIS
LIFE @METRONEWS.CA

ISTOCK PHOTOS

▶ Canadians usually look for four star accommodations say travel experts.

When you put confidence into a nice vacation once a year, you want your money's worth in hotel or resort quality. So when you're spending all those hours toiling away on travel websites or talking with an agent, how much does the star rating mean in your decision?

Mahmood Tejpar, a manager at Marlin Travel in Calgary, rates hotels and resorts usually from two to five stars. The differences, he says, are in terms of amenities.

"The higher the star, the more facilities like spas, bistros, discotheques, more pools, more restaurants," he says.

Staff service, food quality and location can also be taken into consideration. But with each perk, that likely means the price will increase.

Tejpar says Canadians usually look for four star accommodations. To help clients, Marlin Travel gives ratings of budget, moderate, superior and luxury alongside stars.

Ratings are all over the map.

They can be awarded by agencies, critics, anonymous online reviews or the hotels themselves. Hotwire takes an average from other websites and customer feedback.

Expedia lets you filter your searches by amenities such as air conditioning and gyms.

Frommer's, a popular guide book series, makes up its own ratings, from zero to three stars in recommendations.

And competing guide Lonely Planet barely even acknowledges the grades, but suggests you look at the bigger picture.

"As a Lonely Planet author we regularly ignored them," says editor Robert Reid. "As they are so inconsistent country to country, we find they're not the most consistent way of conveying quality. Some [hotels] add an elevator for an extra star, for example, and charge more, but have far less comfortable rooms than a two-floor bed and breakfast walk-up."

If you're looking for some swanky hot spots in warmer regions this winter, Tejpar recommends well-branded hotel chains Bahia Principe, Barcelo and Occidental in Mexico and the Caribbean Islands. And if you want to go above and beyond, then there's the Waldorf Astoria resort in La Quinta, California.

"It has 41 pools and 53 hot spas," laughs Tejpar.

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Only a stones throw away

You don't need to have kids to enjoy all Disneyland has to offer There are activities for all-ages

SYLVESTER
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They say it's the happiest place on earth, and well ... it is.

You don't need to have kids to enjoy all Disneyland has to offer at just a flight away.

From the food and wine to the attractions and games, Downtown Disney and special Aladdin performance, there is a variety of activities and attractions that appeals to adults. A theme park staple, Aladdin: A Musical Spectacular will be taking its last bow this fall, but with an updated Genie making modern jokes — about Lady Gaga, Twitter and other adult humour — this is one show parents won't want to miss, with or without the kids.

"Whether you're one or all the way to 101, there's always something fun for everyone at Disneyland," Marlie Morrison, managing director of Disney Parks Canada said.

With two parks to enjoy, the classic Disneyland and the 10-year old Disney's California Adventure, there is double the fun. The best bet would be to purchase a "park hopper pass", which ranges in price and number of days. There are three hotel resorts located directly within the parks vicinity for those who want to be right in the action.

As for the rides, while Disney certainly has its fair share of kids rides, adults will enjoy the selection as well from the crazy roller-coaster California Screaming to the Tower of Terror — not for the weak of heart. But also the Soaring' Over California ride offers adults a few moments of hang gliding — simulated of course — over California's many incredible sights. For those old enough to remember, check out the Captain EO Tribute paying homage to Michael Jackson, in 3-D. The best part is all of these attractions are included in the admission price.

Costs

Admission cost:

- **5-day park Hopper (two days free)** Kids - $154, Adults $184
- **2-day park Hopper** Kids - $131, Adults - $151
- **1-day park Hopper** Kids - $87, Adults - $97
- **1-day, 1 park** Kids - $62, Adults $72

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AIR CANADA VACATIONS

Deals of the week

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Departure tax: 25 CUC cash, paid locally

Santa Clara

Royal Hideaway Ensenachos • 5★
All-Inclusive
Royal spa premium rm.
Dec. 19 • 1 wk.
PRIVILEGES
$1629
+Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Punta Cana

Occidental Grand Punta Cana • 4★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk
$1049
+Taxes & other fees (including service charges): $305

Gran Bahia Principe Punta Cana • 4 1/2★
All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk
$1319
+Taxes & other fees (including service charges): $305

TURKS & CAICOS

Ocean Club Resort • 3 1/2★
Studio deluxe
Dec. 20 • 1 wk
$1289
+Taxes & other fees (including service charges): $247

Ocean Club West Resort • 4★
Junior suite
Dec. 20 • 1 wk
$1699
+Taxes & other fees (including service charges): $247

FLIGHTS VIA TORONTO

CUBA

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Oct. 30 - Dec. 12 • 1 wk.
$489
+Taxes & other fees (including service charges): $240
Departure tax: 25 CUC cash, paid locally

Holguin

Playa Costa Verde • 4★
All-Inclusive • Standard rm.
Nov. 6 - Dec. 11 • 1 wk.
$399
+Taxes & other fees (including service charges): $240
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Nov. 7 - Dec. 12 • 1 wk.
$599
+Taxes & other fees (including service charges): $324

USA

HAWAII | Honolulu via Vancouver

Outrigger Luana Waikiki • 3 1/2★
Wikiwiki rate - City park view rm.
Nov. 7 • 1 wk.
$1199
+Taxes & other fees (including service charges): $140

CRUISE

Celebrity Cruises[1]

Celebrity Summit℠
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JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★
All-Inclusive
Dec. 25 • 1 wk
Exclusive, renovated standard rm.
PRIVILEGES
$1669
+Taxes & other fees (including service charges): $276

Gran Bahia Principe Jamaica • 4 1/2★
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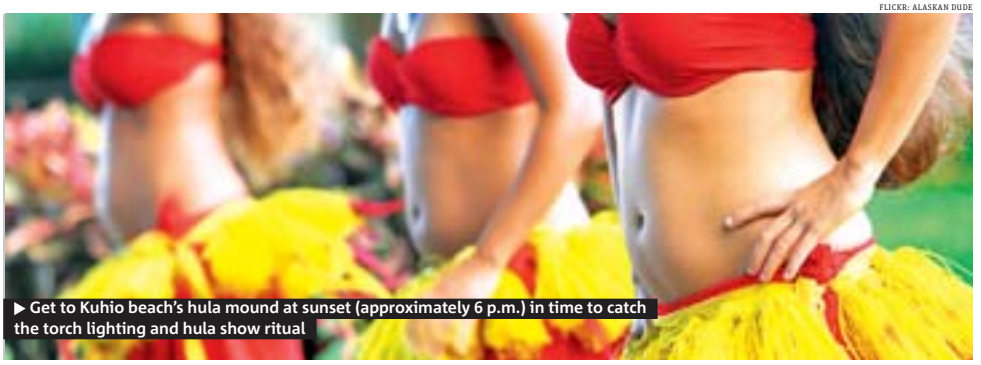
FLICKR: ALASKAN DUDE



▶ Get to Kuhio beach's hula mound at sunset (approximately 6 p.m.) in time to catch the torch lighting and hula show ritual

Riding high in Hawaii's hotspot

Escape your fast paced life and unwind in Honolulu

PAUL BALDWIN
TRAVEL@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In Hawaiian, the word Honolulu means "place of shelter," and this laid-back piece of paradise is indeed the perfect shelter from the fast-paced city lifestyle.

Surf and turf your way around Hawaii's coolest spot.

See Lolani Palace

As the only remaining royal palace in the U.S., Iolani is a historical landmark. Find out more about the palace's history from when it was built by King Kalakaua in 1882 with a guided tour.

iolanipalace.org

Hear Tropical Tunes

By day, Chinatown is a bustling area where you can wander around market stalls slurping on noodles or sampling dim sum. By night, it's a musical hub with great live music. Hank's Café Honolulu on the edge of Chinatown is a friendly hotspot popular with the locals.

hankscafehonolulu.com

Drink Mai Tai

Where else would you drink a Mai Tai but the Mai Tai Bar? The open-air venue hosts weekly music gigs and the happy hour deals will leave you smiling. Traditional Mai Tai, Mango Mai Tai, Lychee Mai Tai or Icy Mai Tai…? Possibly the most difficult decision you'll make on your holiday.

maitaibar.com

Do Surf 'n' Turf

Water activities are the thing to do. Try your hand at boogie boarding, surfing, snorkeling, or challenge the waves by hopping into an outrigger canoe. Exploring surrounding islands on a kayak is great fun. Kailua Beach has some good waves but Waikiki is best for beginners.

▶ Honolulu is Hawaii's hotest spot for tourists.

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A SPECIAL REPORT PRESENTED BY WESTJET

THE HEART OF CUBA

History is Alive in Santa Clara

Going to Cuba is like taking a trip around the world in perfect weather. You can clamber over the ruins of French coffee plantations. Tour Spanish colonial cities dating back to the 16th century. Luxuriate in European-style spas. Swing to Afro-Cuban and Latin rhythms. Hike through spectacular mountains and forests. Dive on one of the world's great reefs. Walk on amazing beaches. And fish where Hemingway fished.

THE CENTRE OF THE ISLAND

Santa Clara is the capital of Villa Clara, one of several provinces located in Cuba's central region. Today a city of about 240,000 people, Santa Clara figured prominently in the overthrow of General Fulgencio Batista by the forces of Fidel Castro in 1958. Batista fled only 12 hours after revolutionary leader Ernesto Che Guevara captured the city, ending the war.

Santa Clara commemorates this period in many ways. The bodies of Guevara and 16 of his troops now rest in the city's Che Guevara Mausoleum, part of a memorial site that includes a large square for parades and rallies, an eternal flame, a nearly 7-m (22-ft) bronze statue of the revolutionary leader, and a museum dedicated to his life.

Not far away is the Armored Train Park-Museum. This attraction is a reminder of one of the pivotal moments in the Battle of Santa Clara, when Guevara and his troops derailed an armoured train filled with enemy combatants and supplies. The cars still stand, as does the bullet-ridden bulldozer used to tear up the track. Tourists can explore them all.

THE CENTRE OF THE CITY

Santa Clara is the centre of Cuba, and Parque Vidal is the centre of Santa Clara. This busy plaza, covering one city block, was planned and built more than 300 years ago along traditional Spanish lines. The space is surrounded by monuments and architecture in a variety of styles; within, it features cafes and bustling foot traffic. If you visit on a weekend, enjoy the tunes of Santa Clara's municipal orchestra, which plays in the Glorieta (gazebo), erected in 1911.

SURROUNDED BY BEAUTY

Once you've visited the heart of Santa Clara, consider the view from above. Capiro's Hill, a group of three small peaks overlooking the city, provides an exceptional view of Santa Clara—so much so that Che Guevera himself once used it when planning his attack on the train. Like so much of Santa Clara, Capiro's Hill is more than just a beautiful site: It is a place where important things happen. And it is a place you should see for yourself.

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Simple dish, complex flavour

Sauteed chicken with Caramelized Onions

Preparation:

1. Cut onions into 6 wedges each. Sprinkle chicken with 1/4 tsp each salt and pepper.
2. In large skillet, add 2 tsp margarine and melt over medium-high heat. Sauté chicken until browned, about 3 minutes per side; transfer to plate.
3. Reduce heat to medium and melt remaining margarine in skillet. Sauté onions, 1 tbsp sugar, and remaining salt and pepper until onions turn golden brown and caramelize, 8 minutes. Stir frequently, breaking onions apart. Add broth and boil until evaporated, 2 minutes.
4. Stir in rosemary, thyme, and remaining sugar. Return chicken to skillet and sprinkle with vinegar. Cook, uncovered, until juices of chicken run clear, about 4 minutes. Serves 4

▶ Quick, easy and flavourful.

Ingredients :

- 750 g medium onions
- 4 skinless, boneless chicken breast halves
- Salt to taste
- 1/2 tsp pepper
- 4 tsp margarine
- 2 tbsp superfine sugar
- 1/3 cup reduced-sodium chicken broth
- 1 tsp chopped fresh rosemary
- 1 tsp chopped fresh thyme
- 1 tbsp red wine vinegar

Book reflects local food philosophy

To cook like the world's best chef you might try his recipe for snails, which instructs the reader to feed them lettuce for a couple of days, put them in a pan of water, and bring it to a boil, "making sure that the snails don't escape."

It's not your typical cookbook entry. But Rene Redzepi is hardly your typical cook.

At age 32, he is the chef of the moment, ever since his Copenhagen restaurant, Noma, grabbed first place on Restaurant Magazine's list of the world's 50 best restaurants last spring. He stole the spotlight from perennial "it" restaurant elBulli in Spain and established with surprising suddenness the supremacy of a movement known as neo-Nordic cuisine.

Redzepi's culinary epiphany came while he was hunting for muskox in Greenland, the temperature a frigid -48 C. "It was healthy to take time out and think, 'Why I am doing these things?'" he said. "Suddenly I could put a word to it, that the main thing people should experience is a sense of time and place."

Now, every dish he creates is a microcosm of its origins, a little piece of nature on a plate.

Last month, Redzepi released a much-anticipated cookbook, Noma: Time and Place in Nordic Cuisine (Phaidon), with a book tour that took him around the globe.

The book features 200 photos, portraits of farmers, a diary from the early days, and recipes (though the average cook might be overwhelmed by the prospect of tracking down sea buckthorn or chasing snails).

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▶ Franchises account for 40 per cent or all retail sales in Canada.

So you want to be an entrepreneur?

Opening a small business can be made easier by going franchise route

What do Comfort Keepers, Survivor Bootcamp, PostNet, Reliable Independent Living Services, Canadian Tire and Cora Breakfast and Lunch all have in common?

They're franchises, which account for 40 per cent of all retail sales in Canada and 10 per cent of the GDP, and employ more than one million Canadians, according to the Canadian Franchise Association (CFA). They attract a diverse group, from former franchise employees and corporate executives, to new immigrants, young entrepreneurs, and women, like Cora Tsouflidou — part of a growing demographic, according to a 2008 national survey commissioned by Gowling Lafleur Henderson LLP.

Divorced with three teenage children to support, Tsouflidou opened her first restaurant in Quebec in 1980. She sold the popular eatery to work at a large establishment where she honed her skills.

In 1987, she debuted Cora Breakfast and Lunch; other locations soon followed. In order to grow her business, build her brand and "teach others her winning recipe," she chose franchising as her business strategy. The first franchise opened in 1994; today there are more than 115 across the country with annual sales of more than $125 million. Tsouflidou credits her success to "initiative, perseverance, self-confidence and boundless energy."

What's The Next Big Thing?

Here are two growing sectors:

• Senior/Home Care Services: Thirteen percent of the Canadian population is aged 65 and older, and this population expected to double over the next 20 to 25 years, says Arif Abdulla, marketing and PR director for Nurse Next Door, Canada's fastest-growing home care franchise. This is a largely unregulated, competitive industry, says Abdulla, that demands a 24/7 commitment.

• Business Consultants: Includes everything from coaches to brokers that serve businesses and help them grow or operate better. Gemma Business Brokers president Maurice Muise says B2B franchises offer a professional services opportunity, life/work balance and growth market as boomers start retiring.

top franchises

The biggest players in Canada:

1. **Tim Hortons** — 2,902 locations; $50,000 franchise fee
2. **Subway Subs of Canada** — 2,457 locations; $15,000 US franchise fee; 2 weeks training
3. **MTY Group** (23 different brands, including Country Style, Cultures, TCBY, Thai Express and Yogen Früz) — 1,538 locations; $20,000. $40,000 franchise fee

Find a recipe for success?

Here are just a few tips for finding the right franchise:

• What motivates me? Potential revenue, challenging work, people, service, recognition, safety, security?

• How much structure, support, supervision or feedback do I need? New franchises tend to offer more flexibility with rules; more established ones tend to have more rigid systems and operating procedures.

• How much money do I have to invest? Licensing fees can run from $5,000 to $75,000-plus. Other expenses usually include royalties.

• How many employees do I want?

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Excursions in education

Many years ago, Dr. Robert Klose was giving a lecture on the development of new structures within species. A student asked: "I saw a picture once of a woman with three legs in a porno magazine. Is that evolution?"

And he wasn't kidding. "That, to me, was a metaphor for a kind of disconnect between science and student perception of what science is," says Klose.

In The Three-Legged Woman and Other Excursions in Teaching, the Christian Science Monitor columnist tackles the subject closest to his heart: teaching. Since 1986, Klose has taught biology at University College of Bangor, an open-admissions college.

"Books on teaching are often written at the expense of the student. I wanted to create something more sympathetic, but I didn't want to give students a bye on a lot of things that are real problems — especially in an open-admissions environment," he explains.

In 40 short, anecdotal essays, Klose attempts to illustrate the redemptive nature of education.

"I wanted to create something more sympathetic, but I didn't want to give students a bye on a lot of things that are real problems."
DR. ROBERT KLOSE ON WHY HE WROTE THE THREE-LEGGGED WOMAN

"In many ways, professors and students are speaking different languages. Students are often asking me questions not because they didn't understand the concepts, but because they didn't understand the ordinary English I was using. It's my job to give those students a meaningful biology experience, and I do it with great joy." METRO

Helping kids curb the learning blues

Providing creative options can help children love to learn

Regardless of what time of the school year it is, it can often be difficult to get kids excited about education. Despite the urge to insist children focus primarily on homework, it is important to make sure they are given creative options to ensure they continue to have fun throughout the learning process, or the lustre of learning can be lost.

"I like to remind parents that it is really important to make sure that learning remains interesting and exciting throughout the year," says author and parenting expert Kathy Buckworth. "This will help to eliminate challenges during nightly homework time and ensure a lifelong love of learning."

Buckworth recommends looking for learning products such as Leapfrog's Tag reading system, which is unique in the marketplace. Tag is more appropriate for children ages four to eight and really offers an experience that each child can make their own, whereas Tag Junior allows younger children, ages two to four, to develop an early love of reading.

Leapfrog not only helps children love to learn, but also helps parents understand their children's learning through the online Learning Path. Parents can hook most of Leapfrog's products into the free Learning Path service, which lets parents know about what their kids are learning and helps them gauge their learning progression. NEWS CANADA

Help for kids

More information on learning tools to help children of all ages can be found online at leapfrog.ca.

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Sizing up the classroom

Smaller classes are not always cost-effective Parents should review teaching, learning practices

ISTOCK

▶ Smaller classes are popular with parents and teachers, however, they are not always affordable.

Smaller classes are popular with parents and teachers; however, because reducing class size is a very expensive undertaking, running into hundreds of millions of dollars each year in a large province, it is important to compare this strategy with other alternatives for improving student outcomes.

Many studies have been done on the impact of class size on teaching practices and on student outcomes. Although this research inevitably contains some conflicting findings, there is a significant agreement on some major points:

more details

More information on class sizes reduction can be found at cea-ace.ca.

- Smaller classes in primary grades have been linked with somewhat better student outcomes, but the evidence is much weaker above the primary level.
- Smaller classes may have the greatest positive impact on students with the greatest educational needs.
- Academic gains for students from smaller classes depend on changes in teaching practices, but smaller classes alone do not necessarily lead to changed teaching. Teachers need ongoing support to implement new approaches for smaller classes.
- Fewer children mean more space for classroom activities and may reduce behavioural management issues.
- Changing class size across a whole system is challenging. Teachers need to change what they do, more teachers are needed, more split grade classes may result (though there is no evidence that split grades are harmful to students) and more classrooms are needed.

Evidence to date suggests that smaller classes across an entire system are probably not the most cost-effective way to improve student outcomes when compared with, for example, investing the same money in improving teaching skills. However, the fact that both teachers and parents support smaller classes provides another kind of value.

For parents, it is important to know the size of classes in your school but, even more, to understand the teaching and learning practices being used.

NEWS CANADA

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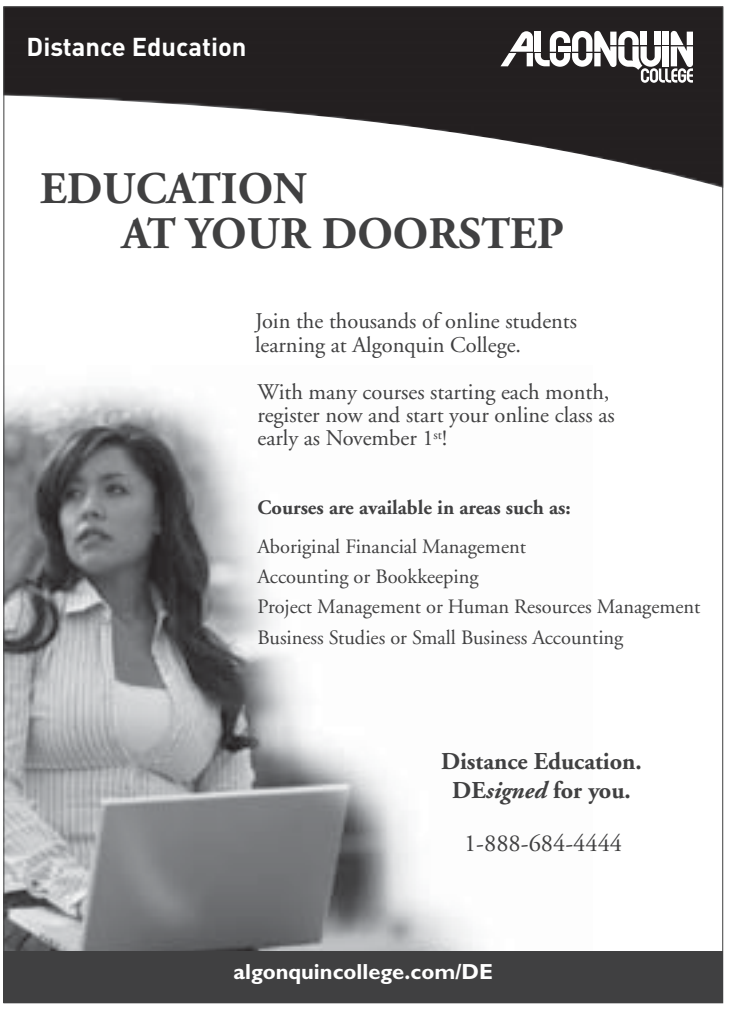
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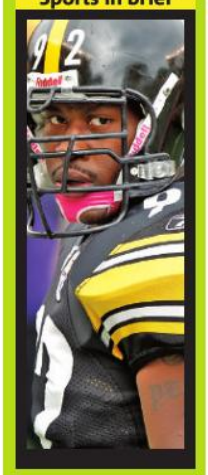

The NFL will begin suspending players for dangerous and flagrant hits, starting with this week's games, and meantime fined three players yesterday for their actions last weekend.

Pittsburgh Steeler James Harrison was docked $75,000 US, while the New England Patriots' Brandon Meriweather and the Atlanta Falcons' Dunta Robinson will lose $50,000 each.

NFL spokesman Greg Aiello said the league wanted to give players fair warning before it begins suspensions for violent hits.

THE ASSOCIATED PRESS

Scan for code for sports

Cain, Giants shut down Phillies

Cody Ross a factor again as San Francisco takes 2-1 edge in NLCS

3	0
GIANTS	PHILLIES

Cody Ross came through with another key hit this post-season, Matt Cain dazzled to outduel Cole Hamels and the San Francisco Giants beat the Philadelphia Phillies 3-0 yesterday to take a 2-1 lead in the NL championship series.

Ross hit an RBI single in the fourth inning to break a scoreless tie and fellow playoff first-timer Aubrey Huff followed with a run-scoring single.

The Giants grabbed the edge in their best-of-seven series against the two-time defending NL champions — with two more games in their home ballpark.

On a beautiful and festive fall day in the Bay Area, the Giants delivered back home in front of 43,320 towel-waving fans at AT&T Park.

Among those in the sell-out crowd — home run king Barry Bonds in a front-row seat near San Francisco's dugout.

Giants manager Bruce Bochy tweaked his lineup, and it worked.

Aaron Rowand earned a start in centre field, then doubled and scored on Freddy Sanchez's fifth-inning single.

This marked the third impressive pitcher's duel in as many games of this NLCS.

First, it was Roy Halladay versus Tim Lincecum, then Roy Oswalt and Jonathan Sanchez.

Cain allowed two hits over seven innings, struck out five and walked three in a strong 119-pitch effort.

Javier Lopez pitched the eighth and Brian Wilson finished it for his fourth post-season save and second in as many tries this series.

THE ASSOCIATED PRESS

EZRA SHAW/THE ASSOCIATED PRESS

▶ Matt Cain of the San Francisco Giants delivers a pitch during yesterday's Game 3 of the NLCS against the Philadelphia Phillies.

Opinion

KEN CAMPBELL
THE HOCKEY NEWS

D-MAN OFFERS CONSOLATION FOR SENATORS

After getting off to a start eerily similar to two years ago, there is reason for both hope and consolation with the Ottawa Senators.

The hope comes in the form of the Buffalo Sabres, who, going into their game tonight against the Atlanta Thrashers, look just as inept and uninspiring as the Senators do.

The consolation comes in the form of former stalwart defenceman Anton Volchenkov, who has it even worse off with the New Jersey Devils.

You'd have to hope that Volchenkov's $4.25 million over each of the next six seasons will keep him happy. It's fitting that he plays for the Devils, who currently occupy a space known as Salary Cap Hell. To make matters worse, he hasn't played since the second game of the season, when an errant shot in a 7-2 loss to the Washington Capitals broke his nose and gave him a stiff neck. He's not expected to play tomorrow night in Montreal, either.

Would this Senators team be better off with Volchenkov in the lineup? Undoubtedly they would defensively. Their man-on-man play in their own end in last week's 5-2 loss to the Pittsburgh Penguins was nothing short of dreadful.

But for a team that has scored just 12 goals in its first six games, the presence of Volchenkov wouldn't have made one iota of difference.

There are myriad reasons for the Senators' early season woes, the little-known no-movement clause in Alexei Kovalev's contract being one of them. Sure, Kovalev can be traded or sent down without his approval, but it has become apparent that there is something in his contract that obliges him to move only when he feels like it.

The fact is Volchenkov is a very good shutdown defenceman, one of the best in the league, in fact. But to pay north of $4 million on a long-term deal for a player who is so one-dimensional didn't make sense for the Senators. Replacing him with a one-dimensional offensive player in Sergei Gonchar for three years may not have been the best move either, but Volchenkov simply doesn't bring enough aside from his defensive play to make him worth that kind of commitment.

So it looks as though the Senators bailed on Volchenkov at the right time, the way they did with Wade Redden. Unfortunately, they chose Redden over Zdeno Chara. But while Chara has won a Norris Trophy in Boston, he has displayed a career-long penchant for coming up short in the playoffs, a tendency the Senators know all too well.

So, there's probably a little bit of consolation there, too.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	5	4	0	1	0	17	11	9	2-0-1-0	2-0-0-0	4-0-1-0	L1
d-Tampa Bay	5	4	1	0	0	17	18	8	2-0-0-0	2-1-0-0	4-1-0-0	W1
d-NY Islanders	6	3	1	1	1	20	17	8	2-0-0-1	1-1-1-0	3-1-1-1	W2
Washington	6	4	2	0	0	18	14	8	3-1-0-0	1-1-0-0	4-2-0-0	L1
Pittsburgh	7	4	3	0	0	23	16	8	2-3-0-0	2-0-0-0	4-3-0-0	W3
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Boston	4	3	1	0	0	12	7	6	0-1-0-0	3-0-0-0	3-1-0-0	W3
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	4	1	2	1	0	14	16	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
Ottawa	6	1	4	1	0	12	21	3	1-1-0-0	0-3-1-0	1-4-1-0	L2
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	7	4	2	1	0	23	20	9	2-2-0-0	2-0-1-0	4-2-1-0	W3
d-Dallas	5	4	1	0	0	20	15	8	2-0-0-0	2-1-0-0	4-1-0-0	L1
d-Colorado	6	4	2	0	0	19	19	8	1-0-0-0	3-2-0-0	4-2-0-0	W1
Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	5	2	1	1	1	14	12	6	2-0-0-0	0-1-1-1	2-1-1-1	L3
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Boston 3 Washington 1
Calgary at Nashville
Vancouver at Minnesota
Carolina at San Jose
Monday's results
N.Y. Islanders 2 Toronto 1 (OT)
Pittsburgh 5 Ottawa 2
Chicago 3 St. Louis 2 (OT)
Colorado 3 N.Y. Rangers 1
Tampa Bay 5 Dallas 4
Tonight's games
Buffalo at Atlanta, 7 p.m.
Anaheim at Columbus, 7 p.m.
Vancouver at Chicago, 9 p.m.
Carolina at Los Angeles, 10:30 p.m.

BRUINS 3, CAPITALS 1

First Period
1. Boston, Krejci 1 (Horton, Lucic) 9:12
2. Boston, Lucic 3 (Boychuk, Krejci) 11:57
Penalties — Campbell Bos, Hendricks Wash (fighting) 3:15, Semin Wash (tripping) 14:53.
Second Period
3. Washington, Johansson 1 (Chimera, Hendricks) 7:42
Penalties — Campbell Bos (tripping) 3:31, Stuart Bos (tripping) 5:07, Fleischmann Wash (hooking) 8:59, Erskine Wash (delay of game) 10:06, Steckel Wash (tripping) 15:03, Chara Bos (slashing) 18:27.
Third Period
4. Boston, Hunwick 1 (Seidenberg, Wheeler) 2:08
Penalties — Lucic Bos, Erskine Wash (fighting) 9:23, Campbell Bos (double high-sticking) 18:40.
Shots

Boston	8	8	5	—21
Washington	10	8	18	—36

Goal (shots-saves) — Boston: Thomas (W,3-0-0); Washington: Neuvirth (L,4-2-0)(7-5), Varlamov (12:42 first)(14-13). **Power plays (goals-chances)** — Boston: 0-4; Washington: 0-4.
Referees — Paul Devorski, David Banfield.
Linesmen — Jay Sharrers, Pierre Champoux.
Attendance — 18,398 (18,398) at Washington.

LATE MONDAY

BLACKHAWKS 3, BLUES 2 (OT)

First Period — No Scoring.
Penalties — Backes StL (cross-checking, fighting; served by D'Agostini), Bickell Chi (fighting) 2:45, Scott Chi (cross-checking) 12:44.
Second Period
1. St. Louis, Perron 1 (Pietrangelo, Backes) 9:57
Penalty — Johnson StL (boarding) 0:54.
Third Period
2. St. Louis, Perron 2 (Oshie, Colaiacovo) 9:28
3. Chicago, Hossa 6 (Brouwer, Seabrook) 13:12 (pp)
4. Chicago, Hossa 7 (Toews, Kopecky) 15:43
Penalty — Halak StL (interference; served by Perron) 11:35.
Overtime
5. Chicago, Sharp 6 (Kane, Cullimore) 3:50
Penalties — None.
Shots

St. Louis	8	10	9	7—34
Chicago	10	11	10	2—33

Goal — St. Louis: Halak (L,2-1-1); Chicago: Turco (W,3-1-1). **Power plays (goals-chances)** — St. Louis: 0-1; Chicago: 1-3.
Referees — Greg Kimmerly, Mike Leggo.
Linesmen — Jonny Murray, Michel Cormier.
Attendance — 20,641 (19,717) at Chicago.

SCORING LEADERS

	G	A	PT
Hossa, Chi	7	4	11
B.Richards, Dal	2	8	10
Stamkos, TB	5	4	9
Sharp, Chi	6	2	8
Crosby, Pgh	4	4	8
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Kopecky, Chi	1	7	8
Liles, Col	0	8	8
Kessel, Tor	5	2	7
C.Stewart, Col	5	2	7
Letestu, Pgh	4	3	7
D.Sedin, Vcr	4	3	7
Goligoski, Pgh	3	4	7
Neal, Dal	3	4	7
Martin, Pgh	1	6	7
Ribeiro, Dal	0	7	7
H.Sedin, Vcr	0	7	7
MacArthur, Tor	5	1	6
Morrow, Dal	5	1	6
Roy, Buf	5	1	6
Bailey, NYI	3	3	6
Comeau, NYI	3	3	6
Perry, Ana	3	3	6

Not including last night's games

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES
(BEST-OF-7)
(All times Eastern)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Texas leads series 2-1)
Last night's result
Texas at N.Y. Yankees
Monday's result
Texas 8 N.Y. Yankees 0
Today's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(San Francisco leads series 2-1)
Yesterday's result
San Francisco 3 Philadelphia 0
Tonight's game
Philadelphia at San Francisco, 7:57 p.m.
Tomorrow's game
Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

GIANTS 3, PHILLIES 0

Philadelphia	ab	r	h	bi	San Francisco	ab	r	h	bi
Victorn cf	2	0	0	0	Renteri ss	4	1	1	0
Utley 2b	4	0	0	0	F'Snchz 2b	3	0	1	1
Polanc 3b	4	0	0	0	Posey c	4	0	0	0
Howard 1b	4	0	1	0	Burrell lf	2	1	0	0
Werth rf	3	0	0	0	Schrlht rf	0	0	0	0
Rollins ss	4	0	1	0	C.Ross rf-lf	3	0	1	1
Ibanez lf	4	0	0	0	A.Huff 1b	3	0	1	1
C.Ruiz c	2	0	1	0	Uribe 3b	3	0	0	0
Hamels p	2	0	0	0	Rownd cf	3	1	1	0
Gload ph	0	0	0	0	JaLopz p	0	0	0	0
Contrrs p	0	0	0	0	BrWlsn p	0	0	0	0
M.Cain p	2	0	0	0					
ATorrs ph-cf	1	0	0	0					
Totals	**29**	**0**	**3**	**0**	**Totals**		**28**	**3**	**5**	**3**

Philadelphia	**000**	**000**	**000**	**—0**
San Francisco	**000**	**210**	**00x**	**—3**

DP—San Francisco 1. LOB—Philadelphia 7, San Francisco 3. 2B—Rowand (1). SB—Victorino (1). S—F.Sanchez.

Philadelphia	IP	H	R	ER	BB	SO
Hamels L,0-1	6	5	3	3	1	8
Contreras	2	0	0	0	0	1
San Francisco						
M.Cain W,1-0	7	2	0	0	3	5
Ja.Lopez H,2	1	0	0	0	0	1
Br.Wilson S,2-2	1	1	0	0	0	1

HBP—by M.Cain (Victorino, C.Ruiz).
Umpires—Home, Ted Barrett; First, Wally Bell; Second, Jeff Nelson; Third, Tom Hallion; Right, Dan Iassogna; Left, Derryl Cousins.
T—2:39. A—43,320 (41,915).

MLB PLAYOFFS MULTIPLE HRS IN A SINGLE GAME
Players who have hit two or more home runs in one game during the playoffs:

LEAGUE CHAMPIONSHIP SERIES
AMERICAN LEAGUE
Game 2, 2008 — Dustin Pedroia, Boston at Tampa Bay, 2
Game 4, 2006 — Magglio Ordonez, Detroit vs. Oakland, 2
Game 2, 2006 — Milton Bradley, Oakland vs. Detroit, 2
Game 7, 2004 — Johnny Damon, Boston at New York, 2
Game 3, 2004 — Hideki Matsui, New York at Boston, 2
NATIONAL LEAGUE
Game 1, 2010 — Cody Ross, San Francisco at Philadelphia, 2
Game 5, 2009 — Jayson Werth, Philadelphia vs. Los Angeles, 2
Game 4, 2006 — Carlos Beltran, New York vs. St. Louis, 2
Game 2, 2006 — Carlos Delgado, New York vs. St. Louis, 2
Game 2, 2004 — Scott Rolen, St. Louis vs. Houston, 2

TRANSACTIONS

BASEBALL

NATIONAL LEAGUE
ATLANTA BRAVES—Released OF Melky Cabrera and RHP Takashi Saito.
CHICAGO CUBS—Agreed to terms with manager Mike Quade on a two-year contract.
NEW YORK METS—Removed RHP Francisco Rodriguez from the disqualified list.
WASHINGTON NATIONALS—Promoted Mike Rizzo to executive vice president of baseball operations and general manager and signed him to a five-year contract.

BASKETBALL

NBA
NEW JERSEY NETS—Exercised contract options on C Brook Lopez and G-F Terrence Williams for the 2011-12 season.
SAN ANTONIO SPURS—Waived F James Gist.

FOOTBALL

NFL
LEAGUE OFFICE—Fined Pittsburgh LB James Harrison US$75,000, New England S Brandon Meriweather $50,000 and Atlanta CB Dunta Robinson ($50,000) for flagrant violations of player safety rules during Oct. 17 games.
HOUSTON TEXANS—Released OT Ephraim Salaam. Waived LB David Nixon.
MIAMI DOLPHINS—Signed FB Deon Anderson.
N.Y. GIANTS—Signed WR Samuel Giguere to the practice squad. Terminated the contract of OL Dennis Landolt from the practice squad.

HOCKEY

NHL
ANAHEIM DUCKS—Recalled D Danny Syvret from Syracuse (AHL).
ATLANTA THRASHERS—Assigned D Boris Valabik to Chicago (AHL). Re-assigned RW Ian McKenzie from Chicago (AHL) to Gwinnett (ECHL).
BOSTON BRUINS—Recalled G Adam Courchaine from Reading (ECHL). Assigned G Matt Dalton from Providence (AHL) to Reading.
CALGARY FLAMES—Claimed D Brendan Mikkelson off waivers from Anaheim (NHL). Assigned D T.J. Brodie to Abbotsford (AHL).
COLUMBUS BLUE JACKETS—Placed D Mike Commodore on injured reserve, retroactive to Oct. 9.
DALLAS STARS—Assigned C Aaron Gagnon to Texas (AHL).
PHOENIX COYOTES—Placed C Martin Hanzal on the injured reserve list. Recalled C Andrew Ebbett from San Antonio (AHL).

LACROSSE

NLL
EDMONTON RUSH—Signed T Devan Wray to a one-year contract.

SOCCER

MLS
PORTLAND TIMBERS—Signed G Steve Cronin, F Bright Dike, F Eddie Johnson and M Ryan Pore.

NBA

PRE-SEASON

Last night's results
At Cincinnati
Cleveland 111 Philadelphia 95
At Toledo, Ohio
Detroit 98 Washington 92
New York 117 New Jersey 111
Indiana at Minnesota
Oklahoma City at Denver
Utah vs. L.A. Lakers (at Anaheim, Calif.)
Golden State at Phoenix
Sacramento at L.A. Clippers
Monday's results
Charlotte 102 Miami 96
Golden State 100 Portland 78
Memphis 96 New Orleans 91
Oklahoma City 111 San Antonio 102
Orlando 102 Atlanta 73

SOCCER

MLS
All Times Eastern

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	13	8	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Tonight's game
Chivas USA at San Jose, 10 p.m.
Tomorrow's game
New England at New York, 7:30 p.m.

EUROPEAN CHAMPIONS LEAGUE

Yesterday's results
AS Roma 1 Basel 3
Bayern Munich 3 Cluj 2
Marseille 1 Zilina 0
Spartak Moscow 0 Chelsea 2
Ajax 2 Auxerre 1
Real Madrid 2 AC Milan 0
Arsenal 5 Shakhtar Donetsk 1
Braga 2 Partizan Belgrade 0

CFL

WEEK 17

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth; y — clinched division.
Friday's games
Montreal at Hamilton, 7 p.m.
B.C. at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 4 p.m.
Saskatchewan at Edmonton, 7 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Maver, Cal	0	56	30	3	149
McCallum, BC	0	26	35	1	132
Duval, Mtl	0	37	30	4	131
DeAngelis, Ham	0	35	29	3	125
Congi, Sask	0	41	26	2	121
Prefontaine, Edm-Tor	0	25	22	2	93
Cates, Sask	15	0	0	0	90
Shaw, Tor	0	18	19	6	81
T.Edwards, Wpg	12	0	0	0	72
Palardy, Ham-Wpg	0	18	15	7	70
Bryant, Cal	11	0	0	0	66
x-Green, Mtl	10	2	0	0	62
x-Cobb, Ham	9	1	0	0	56
Robertson, BC	9	0	0	0	54
Bruce, Ham	8	0	0	0	48
Serna, Wpg	0	20	8	4	48
x-Richardson, Mtl	7	2	0	0	44
Lewis, Cal	7	0	0	0	42
McDaniel, Ham	7	0	0	0	42

x — scored two-point convert

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Tennessee	4	2	0	.667	162	98
Jacksonville	3	3	0	.500	110	167

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140

WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

WEEK SIX
Byes: Arizona, Buffalo, Carolina, Cincinnati
Monday's result
Tennessee 30 Jacksonville 3
WEEK SEVEN
Byes: Detroit, Houston, Indianapolis, N.Y. Jets
Sunday's games
Buffalo at Baltimore, 1 p.m.
Washington at Chicago, 1 p.m.
Cincinnati at Atlanta, 1 p.m.
Philadelphia at Tennessee, 1 p.m.
Pittsburgh at Miami, 1 p.m.
St. Louis at Tampa Bay, 1 p.m.
Cleveland at New Orleans, 1 p.m.
Jacksonville at Kansas City, 1 p.m.
San Francisco at Carolina, 1 p.m.
Arizona at Seattle, 4:05 p.m.
Oakland at Denver, 4:15 p.m.
New England at San Diego, 4:15 p.m.
Minnesota at Green Bay, 8:20 p.m.
Monday, Oct. 25
N.Y. Giants at Dallas, 8:30 p.m.

TENNIS

ATP IF STOCKHOLM OPEN

At Stockholm, Sweden
Singles — First Round
Florian Mayer, Germany, def. Feliciano Lopez (6), Spain, 6-2, 6-2.
James Blake, U.S., def. Thomaz Bellucci (7), Brazil, 3-6, 6-4, 6-4.
Ivan Dodig, Croatia, def. Tommy Robredo (8), Spain, 6-3, 6-2.
Taylor Dent, U.S., def. Michal Przysiezny, Poland, 6-2, retired.
Benjamin Becker, Germany, def. Thomas Schoorel, Netherlands, 6-3, 6-0.
Arnaud Clement, France, def. Olivier Rochus, Belgium, 6-0, 6-4.
Robin Haase, Netherlands, def. Filip Prpic, Sweden, 7-6 (4), 3-6, 6-4.

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- Subaru adds more oomph to the WRX while keeping up excellent handling
- A sportier take on the standard family ride
- Subaru blurs line between STi and standard WRX

▶ The 2011 Subaru WRX comes in a four-door sedan and five-door hatch.

Subaru's WRX revs up family sedan market

PETER BLEAKNEY
DRIVE@METRONEWS.CA

For 2011, Subaru has given its sporty WRX a visual and dynamic shot in the arm, bringing it closer in line with its bigger bro, the 305 hp WRX STi.

Since getting bumped to 265 hp in 2009, the all-wheel-drive WRX has been nothing short of an understated rocket, but its underpinnings have erred on the soft side. Now both four-door sedan ($32,495) and five-door hatch ($33,395) get the STi's wide-body treatment. This goes a long way in kicking the WRX up a few rungs on the look-at-me ladder. About the only people not thrilled with this would be current STi owners — just ask my friend Steve.

A wider track for both front and rear wheels helps fill the bulging haunches as do wider 17-inch performance tires — up from 225 mm to 235 mm. Factor in stiffer rear subframe bushings and the 2011 WRX is a sharper road tool. The chassis responds quickly to inputs from the nicely weighted steering, there is less body roll than before yet the ride remains compliant. The symmetrical all-wheel-drive is set to a 50:50 front to rear split — Subaru saves the fancy adjustable bias for the STi.

▶ The WRX gets an upgraded interior with standard Bluetooth and USB

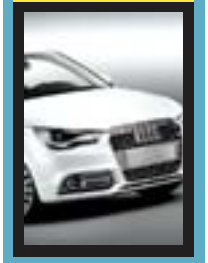
The WRX comes only as a five-speed manual. Purists rejoice. It's a good one too, featuring positive shifts and progressive clutch take up. Yes, a six-speed would be nice (again, saved for the STi) but this flat-four has a pretty broad torque spectrum (244 lb.-ft. at 4000 r.p.m.) so you're rarely caught flat footed. Fans of Subaru's off-beat exhaust growl will be happy as this audio signature is front and centre when the Nike hits the firewall. And with a zero-100 km/h time of 5.4 seconds, this puppy flies.

The 2011 WRX gets revised interior trim, standard Bluetooth with steering wheel controls, USB media interface, freshened gauge cluster, new 17-inch wheels, one touch up/down driver's window and quad tailpipes. My tester featured the $3000 Limited Package that adds leather, fog lights, power sunroof and Sirius satellite radio with a 3-month subscription.

In this time of the homogenized family sedan, the 2011 Subaru WRX makes for an intriguing option. Well priced, comfortable, quite roomy and hugely entertaining, this all-wheel-drive sedan comes fully equipped with buckets of character.

5 drive

Drive in brief



It's already exciting enough imagining the Audi A1 on the road, but you could be driving an electric version in the next few years.

Audi is testing 20 prototypes of an all-electric Audi A1 with a top speed of 81mph, on the roads of Munich by mid-2011 and 200 powering stations delivering "green electricity" will be built.

It won't be the first Audi EV into production, that will be the sports car concept first shown at the 2009 Frankfurt Show, set for a late-2012 launch.

METRO

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HYBRIDS: LOOKING FOR A FEW MORE BUYERS

Auto Pilot
MIKE GOETZ
DRIVE@METROEWS.CA

▶ The ad campaigns for the Hyundai Sonata Hybrid is fun, but at the end of the day car buyers are opting to keep the green in their wallet rather than pay a premium for a car that has a smaller carbon footprint.

Hybrids have arrived, yes? Well, me thinks "yes" and "no." Hybrid technology has certainly arrived.

They have proven to be more reliable and durable than originally perceived.

And the technology keeps getting better. Consider the just-introduced 2011 Hyundai Sonata Hybrid, which flaunts the world's first automotive application of a lithium polymer battery pack (developed with its battery partner, and fellow Korean company, LG Chem).

Their advantages over the nickel metal hydride battery packs in other midsize hybrids are many: more efficient; more compact; lighter; better cooling properties (requiring only air cooling system, instead of heavier liquid cooling).

Unlike nickel metal hydride cells, or even lithium ion cells used in computers, which are cylindrical in shape, lithium polymer cells have a flat rectangle shape like a thin stack of paper. Seventy two of these rectangle cells are wired in series to produce a 1.4 kilowatt-hour battery back weighing less than 100 pounds.

And I'm sure you've seen the advertising campaign for the Sonata Hybrid, which is on current and heavy rotation on television.

It makes much of the fact that the commercial was made with a "zero carbon footprint."

The Sonata Hybrid doesn't arrive in Canada until January — still a few months away.

How many of these technology and fuel-efficient wonders does Hyundai expect to sell each in 2011, and every year after that? About 300 to 500.

That seems like a small number, eh? But it corresponds to how hybrids variants currently fare in the overall midsize segment.

Currently Camry, Fusion, Malibu, and Altima, are all available with hybrid versions, where they comprise only three per cent of overall midsize sales. (Four-cylinder midsizers dominate with a 71 per cent share, while six-cylinder midsizers account for the remaining 26 per cent).

The line on why they remain a niche product is that fuel prices are too low — that the rationale for purchase is based solely on calculations on how a hybrid's higher initial costs will be offset by its lower fuel costs over the ownership period.

What this says to me is that buyers will always pay a premium for style, power, luxury, brand, etc., but not, apparently, for the ability make a smaller carbon footprint. At least not yet.

Also at work, I think, are fears about any vehicle with an expensive-to-replace battery.

Whatever the case, hybrids are still lurking in that middle ground, between "glad to meet you" and "let's do lunch."

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4MATIC keeping it simple

Mercedes-Benz's all-wheel system uses the brains of the car Response speed increased

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Systems that send power to all four wheels certainly aren't new, but in recent years they've made considerable progress in technology. Such is the case with the latest version of Mercedes-Benz's 4MATIC all-wheel system, first seen in 2007 on the S-Class, and now available on the C-, E- and CL-Class.

"What makes this generation special, versus what else is out there, is the simplicity of the system," says Christopher Goczan, product planning manager for Mercedes-Benz Canada. "It does away with the traditional differential locks, and uses the brains of the car to move torque around."

The 4MATIC system works with the car's traction and electronic stability control systems, monitoring the wheels to determine which ones are getting the most traction. The system sends 55 per cent of torque to the rear axle in normal driving conditions, but if necessary, it can deliver full power to just one wheel in order to help the driver maintain control.

"You're talking about a system that measures in milliseconds," Goczan says. "In that millisecond that it detects you're getting traction again, it will let off. It would never let you lose control of the vehicle."

Detecting within milliseconds makes the 4MATIC system faster than a mechanical system, which can have a slight lag between the time it perceives slippage and then reacts to it. It also helps make the Mercedes-Benz system smaller and lighter: it weighs only 70 kg, compared to 120 kg for the older Mercedes system it replaces. Since more weight means more fuel, all-wheel systems tend to get poorer mileage, but the lighter system creates less of a fuel consumption penalty — only about 0.7 L/100 km compared with an equivalent rear-wheel-drive system, Goczan says.

▶ The 4MATIC system is now available in the C-, E- and Cl- class.

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2. Well, that was easy. What now?

3. Go out for dinner and celebrate. Drive thru, of course.

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Suzuki's fun family ride

- XL7 offered real off-road capability, size and value
- Should hold up as a solid vehicle for years to come

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Suzuki is a small brand that's huge on fun, recreation and creating some of the most popular machines in the enthusiast off-road community. With a product portfolio including cars, 4x4's and an arsenal of recreational vehicles, the Japanese brand has earned a loyal following of repeat shoppers.

The Suzuki XL7 was a family-ready 4x4 model that offered reasonable pricing and a rarity in the family SUV marketplace: real-world off-road prowess. Packed with a transfer-case 4x4 system, low-range gearing and a tough body-on-frame construction, it was ideal for shoppers after top levels of confidence on the road less travelled. Many of XL7's owners say it impressed as an all-around performer that's happy to tow a boat or tackle a trail.

Under the hood, look for a 2.7-liter V6 engine with 170 to 185 horsepower, depending on the year in question. Earlier models in the 2001 to 2006 generation got a five-speed manual transmission as standard, while a four or five-speed automatic was otherwise available or standard depending on the year.

The specs

- **MODEL** 2001 to 2006 Suzuki XL7
- **VEHICLE TYPE** 4x4 SUV
- **APPROXIMATE USED PRICE RANGE** $4,000 to $12,000

What owners like

Overall value, pricing, the manual-shift transfer case, the availability of a manual transmission and seven-passenger seating were some of the most common praise-points from existing XL7owners. Ride quality, interior comfort, visibility and all-surface traction were highly rated by owners, too.

What owners hate

Common gripes are relatively scarce, and centre around awkward placement of some interior controls and the lack of a rear window release to open it separately of the tailgate. Finally, as with virtually any SUV, most drivers wish for better mileage.

Common issues

Have the underside inspected for signs of excessive rust, scraping, dents or other damaged caused by careless off-roading. A thorough underbody inspection by a mechanic can also quickly reveal issues with chassis or suspension components, as well as fluid leaks that could indicate larger problems. Ensure the four-wheel drive transfer case system can engage and disengage all 4x4 modes as expected, too.

Use a flashlight to inspect for signs of oil leaking down the front or side of the engine. This may indicate a variety of gasket-related problems that could be pricey to fix.

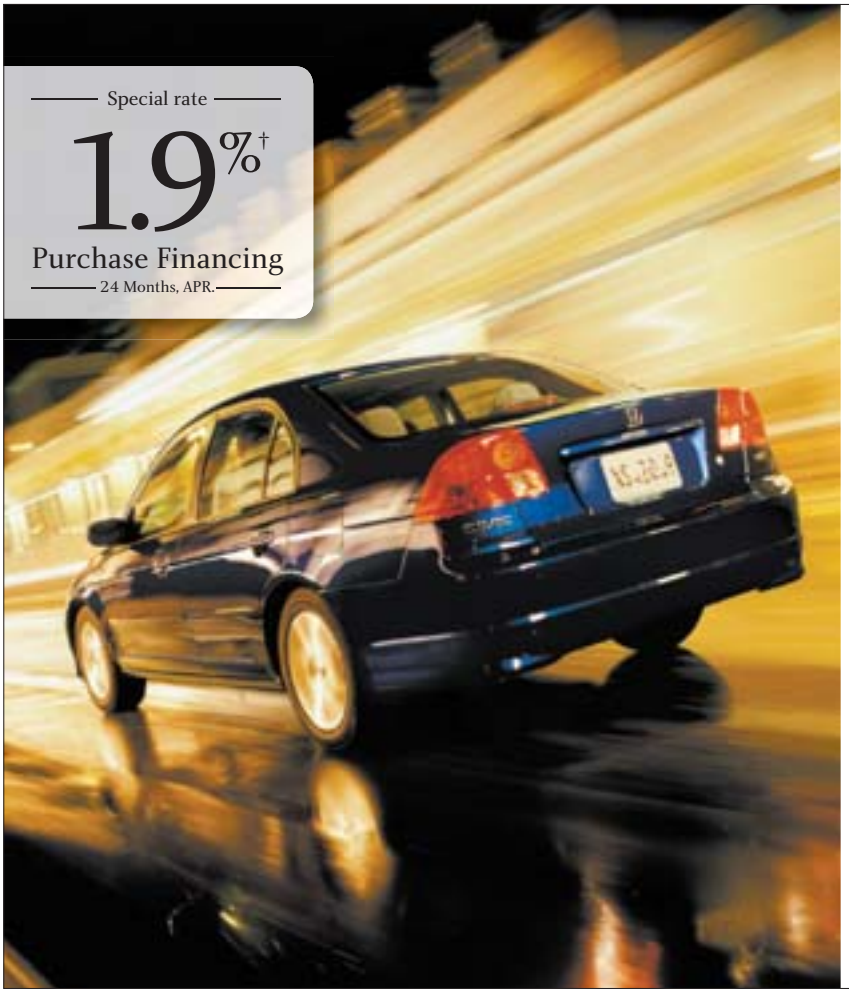
Listen to the engine idle, and remember that any excessive grinding or clicking sounds could be caused by a bad timing chain tensioner, which is another pricey repair. The latter two issues seem to affect earlier XL7 models only, but are still worth checking into.

Other checks should include the air conditioner, all cabin electronics, all windows and door latches, and the vehicle's tires and brakes.

The verdict

End of the day, an affordable used XL7 that passes all pre-purchase inspections should deliver high-capability, high-value and worry-free travels for years to come.

▶ The 2001-2006 Suzuki XL7 comes in a five-speed manual and a four or five-speed automatic.



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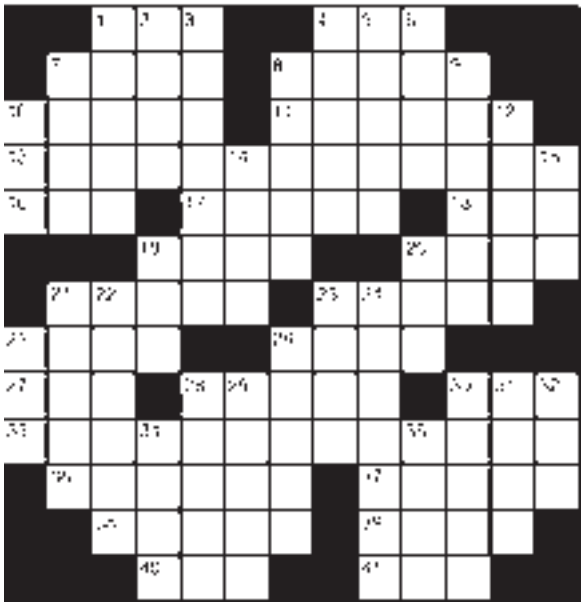
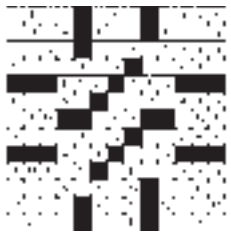
Crossword



Across
1 Mid-June honoree
4 Mid-May honoree
7 Took the trolley
8 Was concerned
10 Hawkeye
11 Sports venues
13 1- and 4-Across, usually
16 Snoop
17 All but one in a million?
18 Favorite
19 Take out of context?
20 Entreaty
21 Prudent
23 Armada
25 PBS science show
26 Tea time, perhaps
27 Lawyers' org.
28 Throw
30 Winter ailment
33 13-Across, initially
36 Graduates
37 Man of morals?
38 Hits hard
39 Heart of the matter
40 Before
41 Away from WSW

Down
1 Bride's bounty
2 Hebrew month
3 Inhabitant
4 — Polo
5 Sandwich treats
6 Carte
7 Bellow
8 Band of fighters
9 Spotted horse
10 Mischief-maker
12 Winter forecast
14 Slithery
15 Greek vowel
19 Modern-day evidence
20 Apiece
21 Deadly snake
22 Makes use (of)
23 Loving
24 Suitcases
25 Apprehend
26 The end
28 Leg bone
29 "Blue Sky" Oscar winner Jessica
30 "Cabaret" director Bob
31 Swag
32 Ref
34 "Psych" actor Hill
35 Check

▶ Yesterday's answer



Sudoku

7								1
5			2		6			9
		1	7	3	8	2		
	7		8		3		1	
	4						9	
	3		1		5		7	
		9	4	2	1	8		
8			5		9			4
6								5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	7	4	8	2	9	6	5	1
2	9	5	7	1	6	8	4	3
8	1	6	3	5	4	7	9	2
7	2	3	9	4	1	5	8	6
5	8	9	6	3	7	2	1	4
4	6	1	2	8	5	9	3	7
9	4	8	1	7	2	3	6	5
6	5	7	4	9	3	1	2	8
1	3	2	5	6	8	4	7	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

My dearest Kranberry, you are my life and I don't know how I could ever live without you. We share so many interests, from dodge ball, snowboarding and martial arts to our love of great literature. I couldn't ask for a better mate! Enjoy your morning Sudoku puzzle my love, I hope you see this! Yours always, **K**

Happy Anniver. booboo! We have been through so much in the last 2 yrs. U r my love, my world, my air, my soul n my heart n every sec that we r apart I am not complete. U r the one I promise u n I hope to spend my whole life with u celebrating the 13 always.
LOVE YOU DOSHI

To my Jbear. Hope you'll be able to see this. Never stop smiling and I hope to have many great memeries with you :) Your the best.
GILLIBEANS

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Do whatever it takes to stay positive, even though your sixth sense is telling you something is not right. Your instincts are not infallible and this time they are way off course.

♉ Taurus April 21-May 21 A relationship that no longer brings you anything in the way of emotional or physical satisfaction is taking up far too much of your time and energy. So end it. Sometimes you have to be ruthless.

♊ Gemini May 22-June 21 Some people can be extraordinarily annoying, especially when they change their minds. When traveling or socializing make your own plans and not rely on friends or family.

♋ Cancer June 22-July 22 You may want to give up on something that is more difficult than you anticipated but if you do you will hate yourself. What's a bit of pain when the rewards are so great?

♌ Leo July 23-Aug.23 Is someone trying to avoid you? Maybe, but there is no need to get paranoid about it because the issue isn't about you. They just need some time to themselves so they can get their head around recent changes.

♍ Virgo Aug. 24- Sept. 22 At some stage today you will begin to wonder if you have bitten off more than you can chew. It's quite possible you have but it's also too late to do anything about it.

♎ Libra Sept. 23-Oct. 23 Don't worry if a long-term project seems to have stalled. The fact that it is long-term means you'll have plenty of time to come back to it later. Give yourself a short-term break.

♏ Scorpio Oct. 24-Nov. 22 Mercury, planet of the mind, moves into your sign today, giving you a `clearer vision of the kind of person you want to be and the kind of goals you want to be aiming for.

♐ Sagittarius Nov. 23-Dec. 21 Someone you love is oddly unresponsive at the moment – whatever you say or do to spark their interest just doesn't seem to be working. Stop trying so hard and take the hint.

♑ Capricorn Dec. 22-Jan. 20 In recent weeks you succeeded by being assertive, even aggressive, but now you must be more co-operative. Get together with like-minded people and create something extraordinary.

♒ Aquarius Jan. 21-Feb. 18 No matter how much you may have done for someone in the past you cannot go on doing the same things forever. Make sure they know your assistance has a time limit on it.

♓ Pisces Feb. 19-March 20 Mercury moves into one of the more insightful areas of your chart today and you will begin to notice connections that were not so obvious before.
SALLY BROMPTON

Caption contest

BAS CZERWINSKI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MISHA JAPARIDZE/THE ASSOCIATED PRESS

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- Fuel efficient 2.0L engine with 138 HP • AM/FM/CD/AUX/USB/MP3 stereo
- Exceptional 1,848L of cargo capacity • Available Bluetooth® hands-free phone system • Available XM▼ satellite radio • Available power sunroof

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Limited model shown

- Advanced 2.4L 4-cylinder GDI engine • Segment leading 198 HP∞
- Available 6-speed automatic transmission with Shiftronic™ • Standard Bluetooth® hands-free phone system • Available heated rear seats

HIGHWAY 5.7L/100 KM – 50 MPG†

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ALL-NEW STYLISH CROSSOVER UTILITY VEHICLE

0% PURCHASE FINANCING FOR **36** MONTHS◊

Limited model shown

- European styling • Two engine options – Fuel efficient 2.0L with 165 HP or 2.4L with 176 HP • Downhill brake control and Hillstart Assist Control
- Available Navigation with backup camera • Available panoramic sunroof
- Available Bluetooth® hands-free phone system

HIGHWAY 6.5L/100 KM – 43 MPG††

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